



# 13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

**Dölfel, Reinhard**

□□: TSV Burghaslach

□□: 340

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 1:52:06

□□: 11.78 km/h

□□□□: 4:56 min/km

□□□□□/□□□□: 33 (of 244)

□□□□□/□: 30 (of 179)

□□□□□□: 1:31:15

□□□□□: 1(of 12)

□□□□□□□: 1:52:06

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 15:53    | 4:53         | 1       | -       | 51      | 2:55    | 3.25  | 15:53     | 4:53      | 1             | -       | 51      | 2:55    |         |
| □□ 2   | 3.25     | 15:50    | 4:52         | 1       | -       | 48      | 2:46    | 6.50  | 31:43     | 4:52      | 1             | -       | 50      | 5:23    |         |
| □□ 3   | 3.25     | 15:56    | 4:54         | 1       | -       | 38      | 2:46    | 9.75  | 47:39     | 4:53      | 1             | -       | 45      | 8:09    |         |
| □□ 4   | 3.25     | 15:57    | 4:54         | 1       | -       | 31      | 2:57    | 13.00 | 1:03:36   | 4:53      | 1             | -       | 38      | 11:06   |         |
| □□ 5   | 3.25     | 16:13    | 4:59         | 1       | -       | 34      | 3:26    | 16.25 | 1:19:49   | 4:54      | 1             | -       | 35      | 14:32   |         |
| □□ 6   | 3.25     | 16:08    | 4:57         | 1       | -       | 26      | 3:14    | 19.50 | 1:35:57   | 4:55      | 1             | -       | 32      | 17:46   |         |
| □□□ □□ | 3.25     | 16:09    | 4:58         | 1       | -       | 25      | 3:05    | 22.75 | 1:52:06   | 4:55      | 1             | -       | 31      | 39:50   |         |