



# 13. Kristall-Marathon

Merkers / 17.02.2019

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Vorsatz, Hans-Jürgen

□□: Duisburg

□□: 523

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M70 (70-74 Jahre)

□□□: 3:02:41

□□: 7.23 km/h

□□□□: 8:02 min/km

□□□□□/□□□: 235 (of 244)

□□□□□/□: 172 (of 179)

□□□□□□: 1:31:15

□□□□□: 2(of 2)

□□□□□□□: 2:31:54

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 24:25    | 7:30         | 2       | 3:09    | 178     | 11:27   | 3.25  | 24:25     | 7:30          | 2       | 3:09    | 178     | 11:27   |
| □□ 2   | 3.25     | 24:26    | 7:31         | 2       | 2:48    | 175     | 11:22   | 6.50  | 48:51     | 7:30          | 2       | 5:57    | 178     | 22:31   |
| □□ 3   | 3.25     | 24:43    | 7:36         | 2       | 3:12    | 175     | 11:33   | 9.75  | 1:13:34   | 7:32          | 2       | 9:09    | 178     | 34:04   |
| □□ 4   | 3.25     | 26:23    | 8:07         | 2       | 5:11    | 177     | 13:23   | 13.00 | 1:39:57   | 7:41          | 2       | 14:20   | 178     | 47:27   |
| □□ 5   | 3.25     | 26:35    | 8:10         | 2       | 5:03    | 174     | 13:48   | 16.25 | 2:06:32   | 7:47          | 2       | 19:23   | 175     | 1:01:15 |
| □□ 6   | 3.25     | 28:11    | 8:40         | 2       | 6:14    | 173     | 15:17   | 19.50 | 2:34:43   | 7:56          | 2       | 25:37   | 174     | 1:16:32 |
| □□□ □□ | 3.25     | 27:58    | 8:36         | 2       | 5:10    | 169     | 14:54   | 22.75 | 3:02:41   | 8:01          | 2       | 30:47   | 173     | 1:50:25 |