



# 13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Flick, Markus

□□: SF Ennepetal

□□: 649

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:19:14

□□: 12.65 km/h

□□□□: 4:43 min/km

□□□□□/□□□: 14 (of 193)

□□□□□/□: 14 (of 161)

□□□□□□: 2:49:28

□□□□□: 2(of 35)

□□□□□□□: 3:16:40

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	14:44	4:31	1	-	26	2:54	3.25	14:44	4:31	1	-	26	2:54	
□□ 2	3.25	15:02	4:37	2	0:26	27	2:35	6.50	29:46	4:34	2	0:17	25	5:29	
□□ 3	3.25	15:12	4:40	2	0:28	25	2:41	9.75	44:58	4:36	2	0:45	24	8:10	
□□ 4	3.25	15:25	4:44	2	0:38	25	2:40	13.00	1:00:23	4:38	2	1:23	25	10:50	
□□ 5	3.25	15:17	4:42	2	0:37	24	2:23	16.25	1:15:40	4:39	2	2:00	26	13:13	
□□ 6	3.25	15:22	4:43	2	0:49	25	15:21	19.50	1:31:02	4:40	2	2:49	24	17:25	
□□ 7	3.25	15:10	4:39	2	0:43	17	1:49	22.75	1:46:12	4:40	2	3:32	24	18:18	
□□ 8	3.25	15:25	4:44	2	0:59	17	15:24	26.00	2:01:37	4:40	2	4:31	23	33:42	
□□ 9	3.25	15:26	4:44	2	0:30	13	2:07	29.25	2:17:03	4:41	2	5:01	22	34:05	
□□ 10	3.25	15:54	4:53	2	0:34	14	2:27	32.50	2:32:57	4:42	2	5:35	19	34:06	
□□ 11	3.25	15:43	4:50	1	-	9	2:35	35.75	2:48:40	4:43	2	5:28	16	33:04	
□□ 12	3.25	15:23	4:44	1	-	7	2:10	39.00	3:04:03	4:43	2	4:29	15	31:11	
□□□ □□	3.25	15:11	4:40	1	-	7	2:06	42.25	3:19:14	4:42	2	2:34	14	29:46	