



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Kuntschke, Marcel

00: ESV Blau Gold Frankfurt

00: 719

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:32:53

00: 11.91 km/h

0000: 5:02 min/km

00000/000: 30 (of 193)

00000/0: 30 (of 161)

000000: 2:49:28

00000: 4(of 10)

0000000: 3:12:41

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	16:04	4:56	8	2:47	51	4:14	3.25	16:04	4:56	8	2:47	51	4:14
00 2	3.25	16:34	5:05	9	2:50	55	4:07	6.50	32:38	5:01	8	5:37	51	8:21
00 3	3.25	16:15	5:00	7	2:01	44	3:44	9.75	48:53	5:00	7	7:38	48	12:05
00 4	3.25	15:33	4:47	5	1:06	29	2:48	13.00	1:04:26	4:57	6	8:44	43	14:53
00 5	3.25	15:47	4:51	5	1:08	32	2:53	16.25	1:20:13	4:56	6	9:26	39	17:46
00 6	3.25	15:19	4:42	3	15:18	20	15:18	19.50	1:35:32	4:53	5	21:52	33	21:55
00 7	3.25	16:08	4:57	5	1:35	33	2:47	22.75	1:51:40	4:54	5	23:27	34	23:46
00 8	3.25	16:00	4:55	3	1:33	25	15:59	26.00	2:07:40	4:54	5	25:00	34	39:45
00 9	3.25	16:07	4:57	2	1:41	21	2:48	29.25	2:23:47	4:54	5	26:41	34	40:49
00 10	3.25	17:07	5:15	3	2:55	32	3:40	32.50	2:40:54	4:57	5	29:36	34	42:03
00 11	3.25	17:12	5:17	2	2:30	25	4:04	35.75	2:58:06	4:58	4	32:06	31	42:30
00 12	3.25	17:21	5:20	2	1:53	21	4:08	39.00	3:15:27	5:00	4	33:59	30	42:35
000 00	3.25	17:26	5:21	2	0:57	28	4:21	42.25	3:32:53	5:02	4	20:12	30	43:25