



13. Kristall-Marathon

Merkers / 17.02.2019

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Schmitt, Thomas

□□: LANDAU RUNNING COMPANY

□□: 795

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:40:36

□□: 11.49 km/h

□□□□: 5:13 min/km

□□□□□/□□□□: 37 (of 193)

□□□□□/□: 37 (of 161)

□□□□□□: 2:49:28

□□□□□: 4(of 22)

□□□□□□□: 3:15:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	14:51	4:34	3	1:14	29	3:01	3.25	14:51	4:34	3	1:14	29	3:01	
□□ 2	3.25	15:00	4:36	3	1:52	25	2:33	6.50	29:51	4:35	3	3:06	28	5:34	
□□ 3	3.25	15:30	4:46	3	1:46	30	2:59	9.75	45:21	4:39	3	4:52	29	8:33	
□□ 4	3.25	16:03	4:56	3	2:22	38	3:18	13.00	1:01:24	4:43	3	7:14	30	11:51	
□□ 5	3.25	16:26	5:03	3	2:35	42	3:32	16.25	1:17:50	4:47	3	9:49	30	15:23	
□□ 6	3.25	16:30	5:04	3	2:42	39	16:29	19.50	1:34:20	4:50	3	12:31	31	20:43	
□□ 7	3.25	16:28	5:03	3	2:26	36	3:07	22.75	1:50:48	4:52	3	14:57	32	22:54	
□□ 8	3.25	16:09	4:58	4	1:29	28	16:08	26.00	2:06:57	4:52	3	16:26	33	39:02	
□□ 9	3.25	16:18	5:00	4	1:11	25	2:59	29.25	2:23:15	4:53	3	17:37	33	40:17	
□□ 10	3.25	17:32	5:23	4	2:07	36	4:05	32.50	2:40:47	4:56	3	18:55	33	41:56	
□□ 11	3.25	19:53	6:07	8	4:10	70	6:45	35.75	3:00:40	5:03	3	21:48	33	45:04	
□□ 12	3.25	19:23	5:57	8	3:26	57	6:10	39.00	3:20:03	5:07	4	23:39	34	47:11	
□□□ □□	3.25	20:33	6:19	8	4:44	83	7:28	42.25	3:40:36	5:13	4	25:22	37	51:08	