



13. Kristall-Marathon

Merkers / 17.02.2019

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Thomas, Brent

□□: Meddys LWT Koblenz

□□: 829

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:43:09

□□: 11.36 km/h

□□□□: 5:17 min/km

□□□□□/□□□: 41 (of 193)

□□□□□/□: 40 (of 161)

□□□□□□: 2:49:28

□□□□□: 6(of 35)

□□□□□□□: 3:16:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:44	4:50	5	1:00	40	3:54	3.25	15:44	4:50	5	1:00	40	3:54	
□□ 2	3.25	15:42	4:49	5	1:06	37	3:15	6.50	31:26	4:50	4	1:57	38	7:09	
□□ 3	3.25	15:53	4:53	5	1:09	35	3:22	9.75	47:19	4:51	5	3:06	38	10:31	
□□ 4	3.25	16:11	4:58	7	1:24	42	3:26	13.00	1:03:30	4:53	5	4:30	38	13:57	
□□ 5	3.25	16:13	4:59	4	1:33	33	3:19	16.25	1:19:43	4:54	4	6:03	37	17:16	
□□ 6	3.25	16:37	5:06	6	2:04	41	16:36	19.50	1:36:20	4:56	4	8:07	38	22:43	
□□ 7	3.25	17:05	5:15	7	2:38	46	3:44	22.75	1:53:25	4:59	4	10:45	38	25:31	
□□ 8	3.25	17:26	5:21	6	3:00	42	17:25	26.00	2:10:51	5:01	4	13:45	37	42:56	
□□ 9	3.25	17:44	5:27	6	2:48	39	4:25	29.25	2:28:35	5:04	5	16:33	37	45:37	
□□ 10	3.25	18:01	5:32	7	2:41	41	4:34	32.50	2:46:36	5:07	5	19:14	37	47:45	
□□ 11	3.25	17:54	5:30	5	2:11	34	4:46	35.75	3:04:30	5:09	5	21:18	38	48:54	
□□ 12	3.25	19:00	5:50	8	3:37	44	5:47	39.00	3:23:30	5:13	6	23:56	40	50:38	
□□□ □□	3.25	19:39	6:02	14	4:28	71	6:34	42.25	3:43:09	5:16	6	26:29	40	53:41	