



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Weber, Jens

00: Kiel

00: 839

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:55:48

00: 10.75 km/h

0000: 5:35 min/km

00000/0000: 66 (of 193)

00000/0: 61 (of 161)

000000: 2:49:28

00000: 11(of 28)

0000000: 2:57:49

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	15:52	4:52	6	3:41	46	4:02	3.25	15:52	4:52	6	3:41	46	4:02
00 2	3.25	17:03	5:14	10	4:31	74	4:36	6.50	32:55	5:03	7	8:12	55	8:38
00 3	3.25	16:57	5:12	9	4:12	62	4:26	9.75	49:52	5:06	7	12:24	55	13:04
00 4	3.25	17:47	5:28	12	4:57	79	5:02	13.00	1:07:39	5:12	9	17:21	62	18:06
00 5	3.25	17:03	5:14	10	4:04	57	4:09	16.25	1:24:42	5:12	9	21:25	59	22:15
00 6	3.25	17:19	5:19	9	17:18	60	17:18	19.50	1:42:01	5:13	8	28:24	58	28:24
00 7	3.25	17:32	5:23	9	4:06	58	4:11	22.75	1:59:33	5:15	8	31:39	58	31:39
00 8	3.25	17:51	5:29	8	17:50	50	17:50	26.00	2:17:24	5:17	8	49:29	59	49:29
00 9	3.25	18:40	5:44	10	4:30	62	5:21	29.25	2:36:04	5:20	8	53:06	59	53:06
00 10	3.25	19:33	6:00	11	5:07	69	6:06	32.50	2:55:37	5:24	8	56:46	58	56:46
00 11	3.25	19:55	6:07	11	4:52	71	6:47	35.75	3:15:32	5:28	10	59:56	60	59:56
00 12	3.25	20:35	6:19	11	5:01	80	7:22	39.00	3:36:07	5:32	10	1:03:15	62	1:03:15
000 00	3.25	19:41	6:03	10	4:28	72	6:36	42.25	3:55:48	5:34	11	57:59	61	1:06:20