



# 13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Ullrich, Andre

□□: Wittmund

□□: 834

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:02:57

□□: 10.43 km/h

□□□□: 5:45 min/km

□□□□□/□□□: 78 (of 193)

□□□□□/□: 71 (of 161)

□□□□□□: 2:49:28

□□□□□: 7(of 22)

□□□□□□□: 3:15:14

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:17	5:00	6	2:40	56	4:27	3.25	16:17	5:00	6	2:40	56	4:27	
□□ 2	3.25	17:25	5:21	10	4:17	84	4:58	6.50	33:42	5:11	7	6:57	63	9:25	
□□ 3	3.25	17:40	5:26	10	3:56	87	5:09	9.75	51:22	5:16	7	10:53	71	14:34	
□□ 4	3.25	18:04	5:33	10	4:23	87	5:19	13.00	1:09:26	5:20	7	15:16	74	19:53	
□□ 5	3.25	18:00	5:32	9	4:09	82	5:06	16.25	1:27:26	5:22	9	19:25	76	24:59	
□□ 6	3.25	18:36	5:43	8	4:48	87	18:35	19.50	1:46:02	5:26	9	24:13	77	32:25	
□□ 7	3.25	18:29	5:41	9	4:27	85	5:08	22.75	2:04:31	5:28	9	28:40	76	36:37	
□□ 8	3.25	18:35	5:43	7	3:55	70	18:34	26.00	2:23:06	5:30	9	32:35	75	55:11	
□□ 9	3.25	18:31	5:41	6	3:24	56	5:12	29.25	2:41:37	5:31	8	35:59	72	58:39	
□□ 10	3.25	19:14	5:55	6	3:49	63	5:47	32.50	3:00:51	5:33	8	38:59	72	1:02:00	
□□ 11	3.25	19:55	6:07	9	4:12	71	6:47	35.75	3:20:46	5:36	8	41:54	72	1:05:10	
□□ 12	3.25	20:47	6:23	10	4:50	84	7:34	39.00	3:41:33	5:40	7	45:09	71	1:08:41	
□□□ □□	3.25	21:24	6:35	12	5:35	97	8:19	42.25	4:02:57	5:45	7	47:43	71	1:13:29	