



# 13. Kristall-Marathon

Merkers / 17.02.2019

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Dieter, Frank

□□: Bärenherz

□□: 631

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:04:10

□□: 10.38 km/h

□□□□: 5:47 min/km

□□□□□/□□□: 79 (of 193)

□□□□□/□: 72 (of 161)

□□□□□□: 2:49:28

□□□□□: 2(of 20)

□□□□□□□: 3:36:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:05	5:15	6	1:46	70	5:15	3.25	17:05	5:15	6	1:46	70	5:15	
□□ 2	3.25	17:43	5:27	6	1:27	91	5:16	6.50	34:48	5:21	6	3:13	81	10:31	
□□ 3	3.25	18:19	5:38	9	2:56	102	5:48	9.75	53:07	5:26	6	5:08	85	16:19	
□□ 4	3.25	18:12	5:35	6	2:38	90	5:27	13.00	1:11:19	5:29	6	7:46	88	21:46	
□□ 5	3.25	17:55	5:30	2	2:16	80	5:01	16.25	1:29:14	5:29	6	10:02	87	26:47	
□□ 6	3.25	17:54	5:30	2	2:06	73	17:53	19.50	1:47:08	5:29	6	12:08	84	33:31	
□□ 7	3.25	19:29	5:59	7	3:28	99	6:08	22.75	2:06:37	5:33	6	15:36	87	38:43	
□□ 8	3.25	19:39	6:02	7	3:46	93	19:38	26.00	2:26:16	5:37	6	19:22	89	58:21	
□□ 9	3.25	19:28	5:59	3	3:13	81	6:09	29.25	2:45:44	5:39	6	22:35	84	1:02:46	
□□ 10	3.25	19:47	6:05	3	2:48	73	6:20	32.50	3:05:31	5:42	5	25:23	82	1:06:40	
□□ 11	3.25	19:58	6:08	4	1:46	76	6:50	35.75	3:25:29	5:44	5	27:09	81	1:09:53	
□□ 12	3.25	19:17	5:56	2	0:33	55	6:04	39.00	3:44:46	5:45	3	27:42	75	1:11:54	
□□□ □□	3.25	19:24	5:58	4	1:45	61	6:19	42.25	4:04:10	5:46	2	27:30	72	1:14:42	