



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Peek, Holger

00: TUSEM Essen

00: 759

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:06:20

00: 10.29 km/h

0000: 5:50 min/km

00000/000: 87 (of 193)

00000/0: 80 (of 161)

000000: 2:49:28

00000: 14(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	16:34	5:05	9	4:23	62	4:44	3.25	16:34	5:05	9	4:23	62	4:44
00 2	3.25	17:10	5:16	11	4:38	76	4:43	6.50	33:44	5:11	9	9:01	66	9:27
00 3	3.25	17:31	5:23	14	4:46	82	5:00	9.75	51:15	5:15	10	13:47	68	14:27
00 4	3.25	17:57	5:31	14	5:07	85	5:12	13.00	1:09:12	5:19	11	18:54	72	19:39
00 5	3.25	18:39	5:44	17	5:40	96	5:45	16.25	1:27:51	5:24	12	24:34	79	25:24
00 6	3.25	19:04	5:51	16	19:03	98	19:03	19.50	1:46:55	5:28	12	33:18	82	33:18
00 7	3.25	19:38	6:02	16	6:12	102	6:17	22.75	2:06:33	5:33	15	38:39	86	38:39
00 8	3.25	19:26	5:58	14	19:25	86	19:25	26.00	2:25:59	5:36	16	58:04	87	58:04
00 9	3.25	20:01	6:09	14	5:51	89	6:42	29.25	2:46:00	5:40	14	1:03:02	85	1:03:02
00 10	3.25	21:04	6:28	16	6:38	99	7:37	32.50	3:07:04	5:45	14	1:08:13	85	1:08:13
00 11	3.25	20:01	6:09	12	4:58	77	6:53	35.75	3:27:05	5:47	14	1:11:29	82	1:11:29
00 12	3.25	19:48	6:05	8	4:14	65	6:35	39.00	3:46:53	5:49	14	1:14:01	82	1:14:01
000 00	3.25	19:27	5:59	9	4:14	64	6:22	42.25	4:06:20	5:49	14	1:08:31	80	1:16:52