



# 13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Hunger, Alexander

□□: WSV Berlin

□□: 688

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:06:15

□□: 10.29 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 86 (of 193)

□□□□□/□: 79 (of 161)

□□□□□□: 2:49:28

□□□□□: 8(of 22)

□□□□□□□: 3:15:14

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:10	5:16	8	3:33	75	5:20	3.25	17:10	5:16	8	3:33	75	5:20	
□□ 2	3.25	15:48	4:51	4	2:40	39	3:21	6.50	32:58	5:04	6	6:13	56	8:41	
□□ 3	3.25	16:33	5:05	5	2:49	52	4:02	9.75	49:31	5:04	4	9:02	52	12:43	
□□ 4	3.25	16:44	5:08	5	3:03	52	3:59	13.00	1:06:15	5:05	4	12:05	50	16:42	
□□ 5	3.25	17:25	5:21	7	3:34	67	4:31	16.25	1:23:40	5:08	4	15:39	54	21:13	
□□ 6	3.25	17:37	5:25	7	3:49	67	17:36	19.50	1:41:17	5:11	4	19:28	54	27:40	
□□ 7	3.25	17:24	5:21	5	3:22	54	4:03	22.75	1:58:41	5:13	4	22:50	55	30:47	
□□ 8	3.25	18:08	5:34	6	3:28	60	18:07	26.00	2:16:49	5:15	5	26:18	56	48:54	
□□ 9	3.25	21:44	6:41	15	6:37	114	8:25	29.25	2:38:33	5:25	6	32:55	64	55:35	
□□ 10	3.25	20:08	6:11	10	4:43	82	6:41	32.50	2:58:41	5:29	6	36:49	64	59:50	
□□ 11	3.25	21:42	6:40	13	5:59	101	8:34	35.75	3:20:23	5:36	7	41:31	69	1:04:47	
□□ 12	3.25	23:04	7:05	15	7:07	114	9:51	39.00	3:43:27	5:43	8	47:03	72	1:10:35	
□□□ □□	3.25	22:48	7:00	13	6:59	110	9:43	42.25	4:06:15	5:49	8	51:01	79	1:16:47	