



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Stransky, Sebastian

□□: Spiridon Frankfurt

□□: 821

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:09:11

□□: 10.17 km/h

□□□□: 5:54 min/km

□□□□□/□□□: 95 (of 193)

□□□□□/□: 85 (of 161)

□□□□□□: 2:49:28

□□□□□: 15(of 28)

□□□□□□□: 2:57:49

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 18:31 | 5:41 | 18 | 6:20 | 103 | 6:41 | 3.25 | 18:31 | 5:41 | 18 | 6:20 | 103 | 6:41 |
| □□ 2 | 3.25 | 17:20 | 5:19 | 13 | 4:48 | 80 | 4:53 | 6.50 | 35:51 | 5:30 | 17 | 11:08 | 92 | 11:34 |
| □□ 3 | 3.25 | 17:27 | 5:22 | 12 | 4:42 | 75 | 4:56 | 9.75 | 53:18 | 5:28 | 16 | 15:50 | 88 | 16:30 |
| □□ 4 | 3.25 | 17:35 | 5:24 | 11 | 4:45 | 72 | 4:50 | 13.00 | 1:10:53 | 5:27 | 13 | 20:35 | 85 | 21:20 |
| □□ 5 | 3.25 | 18:19 | 5:38 | 15 | 5:20 | 89 | 5:25 | 16.25 | 1:29:12 | 5:29 | 13 | 25:55 | 85 | 26:45 |
| □□ 6 | 3.25 | 18:20 | 5:38 | 13 | 18:19 | 83 | 18:19 | 19.50 | 1:47:32 | 5:30 | 13 | 33:55 | 85 | 33:55 |
| □□ 7 | 3.25 | 18:23 | 5:39 | 14 | 4:57 | 78 | 5:02 | 22.75 | 2:05:55 | 5:32 | 12 | 38:01 | 81 | 38:01 |
| □□ 8 | 3.25 | 19:44 | 6:04 | 17 | 19:43 | 96 | 19:43 | 26.00 | 2:25:39 | 5:36 | 15 | 57:44 | 86 | 57:44 |
| □□ 9 | 3.25 | 20:47 | 6:23 | 16 | 6:37 | 99 | 7:28 | 29.25 | 2:46:26 | 5:41 | 15 | 1:03:28 | 86 | 1:03:28 |
| □□ 10 | 3.25 | 21:15 | 6:32 | 18 | 6:49 | 103 | 7:48 | 32.50 | 3:07:41 | 5:46 | 15 | 1:08:50 | 86 | 1:08:50 |
| □□ 11 | 3.25 | 21:06 | 6:29 | 14 | 6:03 | 88 | 7:58 | 35.75 | 3:28:47 | 5:50 | 15 | 1:13:11 | 86 | 1:13:11 |
| □□ 12 | 3.25 | 21:26 | 6:35 | 15 | 5:52 | 94 | 8:13 | 39.00 | 3:50:13 | 5:54 | 15 | 1:17:21 | 88 | 1:17:21 |
| □□□ □□ | 3.25 | 18:58 | 5:50 | 7 | 3:45 | 48 | 5:53 | 42.25 | 4:09:11 | 5:53 | 15 | 1:11:22 | 85 | 1:19:43 |