



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Klein, Michael

□□: Lauffreunde Bönen 1985 e.V.

□□: 702

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:17:17

□□: 9.79 km/h

□□□□: 6:05 min/km

□□□□□/□□□: 109 (of 193)

□□□□□/□: 96 (of 161)

□□□□□□: 2:49:28

□□□□□: 19(of 35)

□□□□□□□: 3:16:40

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:02	5:51	23	4:18	118	7:12	3.25	19:02	5:51	23	4:18	118	7:12	
□□ 2	3.25	17:43	5:27	19	3:07	91	5:16	6.50	36:45	5:39	20	7:16	105	12:28	
□□ 3	3.25	18:24	5:39	21	3:40	106	5:53	9.75	55:09	5:39	21	10:56	106	18:21	
□□ 4	3.25	18:18	5:37	20	3:31	93	5:33	13.00	1:13:27	5:39	20	14:27	103	23:54	
□□ 5	3.25	19:36	6:01	27	4:56	114	6:42	16.25	1:33:03	5:43	22	19:23	106	30:36	
□□ 6	3.25	18:34	5:42	17	4:01	86	18:33	19.50	1:51:37	5:43	21	23:24	103	38:00	
□□ 7	3.25	19:24	5:58	19	4:57	95	6:03	22.75	2:11:01	5:45	21	28:21	101	43:07	
□□ 8	3.25	18:47	5:46	16	4:21	74	18:46	26.00	2:29:48	5:45	20	32:42	97	1:01:53	
□□ 9	3.25	19:23	5:57	16	4:27	78	6:04	29.25	2:49:11	5:47	17	37:09	93	1:06:13	
□□ 10	3.25	19:32	6:00	16	4:12	68	6:05	32.50	3:08:43	5:48	15	41:21	88	1:09:52	
□□ 11	3.25	21:09	6:30	18	5:26	90	8:01	35.75	3:29:52	5:52	16	46:40	90	1:14:16	
□□ 12	3.25	23:33	7:14	26	8:10	121	10:20	39.00	3:53:25	5:59	18	53:51	94	1:20:33	
□□□ □□	3.25	23:52	7:20	26	8:41	123	10:47	42.25	4:17:17	6:05	19	1:00:37	96	1:27:49	