



# 13. Kristall-Marathon

Merkers / 17.02.2019

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Haberland, Daniel

□□: Spremberger SV 1862

□□: 668

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:17:05

□□: 9.80 km/h

□□□□: 6:05 min/km

□□□□□/□□□: 107 (of 193)

□□□□□/□: 94 (of 161)

□□□□□□: 2:49:28

□□□□□: 22(of 27)

□□□□□□□: 2:58:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:36	5:43	21	6:46	107	6:46	3.25	18:36	5:43	21	6:46	107	6:46	
□□ 2	3.25	17:51	5:29	20	5:24	95	5:24	6.50	36:27	5:36	21	12:10	101	12:10	
□□ 3	3.25	17:58	5:31	20	5:14	93	5:27	9.75	54:25	5:34	21	17:24	101	17:37	
□□ 4	3.25	18:37	5:43	20	5:29	102	5:52	13.00	1:13:02	5:37	20	22:53	97	23:29	
□□ 5	3.25	17:30	5:23	17	3:55	69	4:36	16.25	1:30:32	5:34	20	26:25	91	28:05	
□□ 6	3.25	17:34	5:24	17	3:57	66	17:33	19.50	1:48:06	5:32	20	29:26	89	34:29	
□□ 7	3.25	18:19	5:38	20	4:26	76	4:58	22.75	2:06:25	5:33	20	32:57	85	38:31	
□□ 8	3.25	19:10	5:53	20	4:47	82	19:09	26.00	2:25:35	5:35	20	37:33	82	57:40	
□□ 9	3.25	22:12	6:49	26	7:55	124	8:53	29.25	2:47:47	5:44	21	45:28	90	1:04:49	
□□ 10	3.25	23:20	7:10	26	9:30	129	9:53	32.50	3:11:07	5:52	21	54:58	95	1:12:16	
□□ 11	3.25	23:29	7:13	26	9:41	122	10:21	35.75	3:34:36	6:00	22	1:04:39	101	1:19:00	
□□ 12	3.25	22:04	6:47	23	7:38	100	8:51	39.00	3:56:40	6:04	22	1:12:17	99	1:23:48	
□□□ □□	3.25	20:25	6:16	23	6:34	81	7:20	42.25	4:17:05	6:05	22	1:18:51	94	1:27:37	