



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Körner, Jens

□□□: 4:17:36

□□: WIR sind Marathon / Team Erdinger Alkoholfrei

□□: 9.84 km/h

□□: 711

□□□□: 6:06 min/km

□□: 42.25 km

□□□□□/□□□: 110 (of 193)

Marathon

□□□□□/□: 97 (of 161)

□□□□□□: 2:49:28

□□□□:

□□□□□: 11(of 22)

Senioren M45 (45-49 Jahre)

□□□□□□□: 3:15:14

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:02 | 4:56 | 5 | 2:25 | 50 | 4:12 | 3.25 | 16:02 | 4:56 | 5 | 2:25 | 50 | 4:12 | |
| □□ 2 | 3.25 | 16:50 | 5:10 | 6 | 3:42 | 64 | 4:23 | 6.50 | 32:52 | 5:03 | 5 | 6:07 | 54 | 8:35 | |
| □□ 3 | 3.25 | 17:05 | 5:15 | 6 | 3:21 | 67 | 4:34 | 9.75 | 49:57 | 5:07 | 6 | 9:28 | 57 | 13:09 | |
| □□ 4 | 3.25 | 17:04 | 5:15 | 6 | 3:23 | 60 | 4:19 | 13.00 | 1:07:01 | 5:09 | 5 | 12:51 | 58 | 17:28 | |
| □□ 5 | 3.25 | 16:47 | 5:09 | 4 | 2:56 | 48 | 3:53 | 16.25 | 1:23:48 | 5:09 | 5 | 15:47 | 55 | 21:21 | |
| □□ 6 | 3.25 | 17:30 | 5:23 | 6 | 3:42 | 62 | 17:29 | 19.50 | 1:41:18 | 5:11 | 5 | 19:29 | 55 | 27:41 | |
| □□ 7 | 3.25 | 17:57 | 5:31 | 7 | 3:55 | 69 | 4:36 | 22.75 | 1:59:15 | 5:14 | 5 | 23:24 | 57 | 31:21 | |
| □□ 8 | 3.25 | 21:20 | 6:33 | 15 | 6:40 | 123 | 21:19 | 26.00 | 2:20:35 | 5:24 | 7 | 30:04 | 66 | 52:40 | |
| □□ 9 | 3.25 | 22:30 | 6:55 | 19 | 7:23 | 133 | 9:11 | 29.25 | 2:43:05 | 5:34 | 9 | 37:27 | 77 | 1:00:07 | |
| □□ 10 | 3.25 | 21:29 | 6:36 | 15 | 6:04 | 108 | 8:02 | 32.50 | 3:04:34 | 5:40 | 9 | 42:42 | 80 | 1:05:43 | |
| □□ 11 | 3.25 | 23:27 | 7:12 | 16 | 7:44 | 120 | 10:19 | 35.75 | 3:28:01 | 5:49 | 9 | 49:09 | 83 | 1:12:25 | |
| □□ 12 | 3.25 | 19:00 | 5:50 | 5 | 3:03 | 44 | 5:47 | 39.00 | 3:47:01 | 5:49 | 9 | 50:37 | 83 | 1:14:09 | |
| □□□ □□ | 3.25 | 30:35 | 9:24 | 22 | 14:46 | 157 | 17:30 | 42.25 | 4:17:36 | 6:05 | 11 | 1:02:22 | 97 | 1:28:08 | |