



13. Kristall-Marathon

Merkers / 17.02.2019

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SACCON, GIAMPIETRO

□□: ASD BREMA RUNNING TEAM

□□: 785

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:44:22

□□: 8.86 km/h

□□□□: 6:44 min/km

□□□□□/□□□: 161 (of 193)

□□□□□/□: 136 (of 161)

□□□□□□: 2:49:28

□□□□□: 13(of 20)

□□□□□□□: 3:36:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:55	6:07	12	4:36	131	8:05	3.25	19:55	6:07	12	4:36	131	8:05	
□□ 2	3.25	20:36	6:20	16	4:20	149	8:09	6.50	40:31	6:14	14	8:56	143	16:14	
□□ 3	3.25	19:41	6:03	13	4:18	134	7:10	9.75	1:00:12	6:10	13	12:13	140	23:24	
□□ 4	3.25	20:02	6:09	14	4:28	134	7:17	13.00	1:20:14	6:10	13	16:41	138	30:41	
□□ 5	3.25	20:24	6:16	13	4:45	136	7:30	16.25	1:40:38	6:11	14	21:26	138	38:11	
□□ 6	3.25	20:22	6:15	11	4:34	125	20:21	19.50	2:01:00	6:12	14	26:00	136	47:23	
□□ 7	3.25	22:08	6:48	16	6:07	142	8:47	22.75	2:23:08	6:17	14	32:07	138	55:14	
□□ 8	3.25	22:21	6:52	15	6:28	135	22:20	26.00	2:45:29	6:21	14	38:35	138	1:17:34	
□□ 9	3.25	22:42	6:59	15	6:27	136	9:23	29.25	3:08:11	6:26	14	45:02	139	1:25:13	
□□ 10	3.25	23:04	7:05	13	6:05	126	9:37	32.50	3:31:15	6:30	14	51:07	139	1:32:24	
□□ 11	3.25	24:52	7:39	16	6:40	138	11:44	35.75	3:56:07	6:36	14	57:47	140	1:40:31	
□□ 12	3.25	25:45	7:55	18	7:01	140	12:32	39.00	4:21:52	6:42	14	1:04:48	138	1:49:00	
□□□ □□	3.25	22:30	6:55	12	4:51	108	9:25	42.25	4:44:22	6:43	13	1:07:42	136	1:54:54	