



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Knaack, Tobias

□□: FC St. Pauli Triathlon

□□: 705

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:46:24

□□: 8.80 km/h

□□□□: 6:47 min/km

□□□□□/□□□: 162 (of 193)

□□□□□/□: 137 (of 161)

□□□□□□: 2:49:28

□□□□□: 23(of 28)

□□□□□□□: 2:57:49

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:16 | 5:18 | 12 | 5:05 | 77 | 5:26 | 3.25 | 17:16 | 5:18 | 12 | 5:05 | 77 | 5:26 | |
| □□ 2 | 3.25 | 18:03 | 5:33 | 17 | 5:31 | 103 | 5:36 | 6.50 | 35:19 | 5:26 | 16 | 10:36 | 88 | 11:02 | |
| □□ 3 | 3.25 | 19:27 | 5:59 | 23 | 6:42 | 127 | 6:56 | 9.75 | 54:46 | 5:37 | 18 | 17:18 | 102 | 17:58 | |
| □□ 4 | 3.25 | 25:48 | 7:56 | 28 | 12:58 | 160 | 13:03 | 13.00 | 1:20:34 | 6:11 | 25 | 30:16 | 140 | 31:01 | |
| □□ 5 | 3.25 | 21:19 | 6:33 | 25 | 8:20 | 146 | 8:25 | 16.25 | 1:41:53 | 6:16 | 26 | 38:36 | 143 | 39:26 | |
| □□ 6 | 3.25 | 21:23 | 6:34 | 23 | 21:22 | 141 | 21:22 | 19.50 | 2:03:16 | 6:19 | 25 | 49:39 | 142 | 49:39 | |
| □□ 7 | 3.25 | 22:17 | 6:51 | 25 | 8:51 | 144 | 8:56 | 22.75 | 2:25:33 | 6:23 | 25 | 57:39 | 141 | 57:39 | |
| □□ 8 | 3.25 | 23:04 | 7:05 | 25 | 23:03 | 146 | 23:03 | 26.00 | 2:48:37 | 6:29 | 24 | 1:20:42 | 141 | 1:20:42 | |
| □□ 9 | 3.25 | 21:12 | 6:31 | 19 | 7:02 | 107 | 7:53 | 29.25 | 3:09:49 | 6:29 | 24 | 1:26:51 | 141 | 1:26:51 | |
| □□ 10 | 3.25 | 22:28 | 6:54 | 20 | 8:02 | 121 | 9:01 | 32.50 | 3:32:17 | 6:31 | 24 | 1:33:26 | 140 | 1:33:26 | |
| □□ 11 | 3.25 | 25:50 | 7:56 | 26 | 10:47 | 147 | 12:42 | 35.75 | 3:58:07 | 6:39 | 24 | 1:42:31 | 141 | 1:42:31 | |
| □□ 12 | 3.25 | 24:11 | 7:26 | 20 | 8:37 | 128 | 10:58 | 39.00 | 4:22:18 | 6:43 | 24 | 1:49:26 | 141 | 1:49:26 | |
| □□□ □□ | 3.25 | 24:06 | 7:24 | 22 | 8:53 | 126 | 11:01 | 42.25 | 4:46:24 | 6:46 | 23 | 1:48:35 | 137 | 1:56:56 | |