



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Gren, Tony

□□: Klubb 100 Sverige

□□: 664

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:57:55

□□: 8.46 km/h

□□□□: 7:03 min/km

□□□□□/□□□□: 176 (of 193)

□□□□□/□: 148 (of 161)

□□□□□□: 2:49:28

□□□□□: 17(of 20)

□□□□□□□: 3:36:40

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:13	6:13	14	4:54	138	8:23	3.25	20:13	6:13	14	4:54	138	8:23	
□□ 2	3.25	20:38	6:20	17	4:22	150	8:11	6.50	40:51	6:17	17	9:16	148	16:34	
□□ 3	3.25	23:27	7:12	20	8:04	160	10:56	9.75	1:04:18	6:35	18	16:19	155	27:30	
□□ 4	3.25	21:25	6:35	17	5:51	148	8:40	13.00	1:25:43	6:35	18	22:10	155	36:10	
□□ 5	3.25	21:45	6:41	16	6:06	148	8:51	16.25	1:47:28	6:36	18	28:16	154	45:01	
□□ 6	3.25	22:11	6:49	17	6:23	148	22:10	19.50	2:09:39	6:38	18	34:39	153	56:02	
□□ 7	3.25	22:35	6:56	17	6:34	147	9:14	22.75	2:32:14	6:41	18	41:13	153	1:04:20	
□□ 8	3.25	22:17	6:51	13	6:24	133	22:16	26.00	2:54:31	6:42	16	47:37	150	1:26:36	
□□ 9	3.25	23:13	7:08	16	6:58	142	9:54	29.25	3:17:44	6:45	16	54:35	149	1:34:46	
□□ 10	3.25	24:27	7:31	16	7:28	141	11:00	32.50	3:42:11	6:50	16	1:02:03	149	1:43:20	
□□ 11	3.25	24:54	7:39	17	6:42	139	11:46	35.75	4:07:05	6:54	16	1:08:45	148	1:51:29	
□□ 12	3.25	25:35	7:52	15	6:51	137	12:22	39.00	4:32:40	6:59	17	1:15:36	148	1:59:48	
□□□ □□	3.25	25:15	7:46	17	7:36	135	12:10	42.25	4:57:55	7:03	17	1:21:15	148	2:08:27	