



# 13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Kiesow, Alex

□□: Assenheim

□□: 698

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 5:00:37

□□: 8.43 km/h

□□□□: 7:07 min/km

□□□□□/□□□: 181 (of 193)

□□□□□/□: 151 (of 161)

□□□□□□: 2:49:28

□□□□□: 33(of 35)

□□□□□□□: 3:16:40

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 19:45    | 6:04         | 25      | 5:01    | 127     | 7:55    | 3.25  | 19:45     | 6:04      | 25            | 5:01    | 127     | 7:55    |         |
| □□ 2   | 3.25     | 20:25    | 6:16         | 31      | 5:49    | 144     | 7:58    | 6.50  | 40:10     | 6:10      | 30            | 10:41   | 142     | 15:53   |         |
| □□ 3   | 3.25     | 20:20    | 6:15         | 32      | 5:36    | 142     | 7:49    | 9.75  | 1:00:30   | 6:12      | 32            | 16:17   | 142     | 23:42   |         |
| □□ 4   | 3.25     | 21:04    | 6:28         | 32      | 6:17    | 146     | 8:19    | 13.00 | 1:21:34   | 6:16      | 32            | 22:34   | 144     | 32:01   |         |
| □□ 5   | 3.25     | 20:45    | 6:23         | 32      | 6:05    | 142     | 7:51    | 16.25 | 1:42:19   | 6:17      | 32            | 28:39   | 145     | 39:52   |         |
| □□ 6   | 3.25     | 21:45    | 6:41         | 33      | 7:12    | 145     | 21:44   | 19.50 | 2:04:04   | 6:21      | 32            | 35:51   | 144     | 50:27   |         |
| □□ 7   | 3.25     | 22:32    | 6:56         | 34      | 8:05    | 146     | 9:11    | 22.75 | 2:26:36   | 6:26      | 32            | 43:56   | 143     | 58:42   |         |
| □□ 8   | 3.25     | 23:27    | 7:12         | 34      | 9:01    | 148     | 23:26   | 26.00 | 2:50:03   | 6:32      | 33            | 52:57   | 142     | 1:22:08 |         |
| □□ 9   | 3.25     | 24:05    | 7:24         | 34      | 9:09    | 151     | 10:46   | 29.25 | 3:14:08   | 6:38      | 33            | 1:02:06 | 144     | 1:31:10 |         |
| □□ 10  | 3.25     | 24:37    | 7:34         | 32      | 9:17    | 144     | 11:10   | 32.50 | 3:38:45   | 6:43      | 33            | 1:11:23 | 145     | 1:39:54 |         |
| □□ 11  | 3.25     | 26:27    | 8:08         | 33      | 10:44   | 151     | 13:19   | 35.75 | 4:05:12   | 6:51      | 33            | 1:22:00 | 146     | 1:49:36 |         |
| □□ 12  | 3.25     | 27:30    | 8:27         | 33      | 12:07   | 155     | 14:17   | 39.00 | 4:32:42   | 6:59      | 33            | 1:33:08 | 149     | 1:59:50 |         |
| □□□ □□ | 3.25     | 27:55    | 8:35         | 31      | 12:44   | 149     | 14:50   | 42.25 | 5:00:37   | 7:06      | 33            | 1:43:57 | 151     | 2:11:09 |         |