



13. Kristall-Marathon

Merkers / 17.02.2019

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Richter, Michael

□□: LC BlueLiner

□□: 775

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 5:15:00

□□: 8.00 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 188 (of 193)

□□□□□/□: 157 (of 161)

□□□□□□: 2:49:28

□□□□□: 6(of 7)

□□□□□□□: 3:55:15

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:45	6:23	6	4:38	151	8:55	3.25	20:45	6:23	6	4:38	151	8:55	
□□ 2	3.25	21:02	6:28	6	4:28	153	8:35	6.50	41:47	6:25	6	8:26	154	17:30	
□□ 3	3.25	21:10	6:30	5	4:20	147	8:39	9.75	1:02:57	6:27	6	11:53	154	26:09	
□□ 4	3.25	21:55	6:44	6	4:44	154	9:10	13.00	1:24:52	6:31	6	16:37	154	35:19	
□□ 5	3.25	23:12	7:08	7	5:57	159	10:18	16.25	1:48:04	6:39	6	22:34	155	45:37	
□□ 6	3.25	22:14	6:50	6	4:36	149	22:13	19.50	2:10:18	6:40	6	27:10	154	56:41	
□□ 7	3.25	24:07	7:25	6	6:16	154	10:46	22.75	2:34:25	6:47	6	33:26	156	1:06:31	
□□ 8	3.25	26:33	8:10	7	8:35	156	26:32	26.00	3:00:58	6:57	6	42:01	156	1:33:03	
□□ 9	3.25	27:49	8:33	7	9:09	160	14:30	29.25	3:28:47	7:08	6	51:10	158	1:45:49	
□□ 10	3.25	27:17	8:23	6	8:22	156	13:50	32.50	3:56:04	7:15	6	59:32	158	1:57:13	
□□ 11	3.25	27:06	8:20	6	7:14	157	13:58	35.75	4:23:10	7:21	6	1:06:46	158	2:07:34	
□□ 12	3.25	27:00	8:18	5	7:50	152	13:47	39.00	4:50:10	7:26	6	1:14:36	158	2:17:18	
□□□ □□	3.25	24:50	7:38	4	5:09	132	11:45	42.25	5:15:00	7:27	6	1:19:45	157	2:25:32	