



13. Kristall-Marathon

Merkers / 17.02.2019

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Gnendiger, Stefan

□□: TG Melbach

□□: 662

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 5:19:19

□□: 7.94 km/h

□□□□: 7:34 min/km

□□□□□/□□□: 191 (of 193)

□□□□□/□: 159 (of 161)

□□□□□□: 2:49:28

□□□□□: 28(of 28)

□□□□□□□: 2:57:49

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	21:13	6:31	27	9:02	155	9:23	3.25	21:13	6:31	27	9:02	155	9:23
□□ 2	3.25	21:24	6:35	28	8:52	155	8:57	6.50	42:37	6:33	28	17:54	156	18:20
□□ 3	3.25	22:38	6:57	28	9:53	158	10:07	9.75	1:05:15	6:41	28	27:47	156	28:27
□□ 4	3.25	22:25	6:53	27	9:35	157	9:40	13.00	1:27:40	6:44	28	37:22	156	38:07
□□ 5	3.25	22:21	6:52	28	9:22	154	9:27	16.25	1:50:01	6:46	28	46:44	157	47:34
□□ 6	3.25	23:50	7:19	27	23:49	158	23:49	19.50	2:13:51	6:51	28	1:00:14	158	1:00:14
□□ 7	3.25	25:22	7:48	28	11:56	158	12:01	22.75	2:39:13	6:59	28	1:11:19	158	1:11:19
□□ 8	3.25	26:05	8:01	27	26:04	154	26:04	26.00	3:05:18	7:07	28	1:37:23	159	1:37:23
□□ 9	3.25	27:02	8:19	28	12:52	156	13:43	29.25	3:32:20	7:15	28	1:49:22	159	1:49:22
□□ 10	3.25	28:03	8:37	28	13:37	158	14:36	32.50	4:00:23	7:23	28	2:01:32	159	2:01:32
□□ 11	3.25	26:50	8:15	28	11:47	156	13:42	35.75	4:27:13	7:28	28	2:11:37	159	2:11:37
□□ 12	3.25	26:34	8:10	27	11:00	148	13:21	39.00	4:53:47	7:31	28	2:20:55	159	2:20:55
□□□ □□	3.25	25:32	7:51	25	10:19	139	12:27	42.25	5:19:19	7:33	28	2:21:30	159	2:29:51