



# 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

□□: 7.89 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 |