



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Heinzerling, Marc

□□: TSV Baumbach

□□: 371

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:04:13

□□: 10.63 km/h

□□□□: 5:28 min/km

□□□□□/□□□: 77 (of 244)

□□□□□/□: 64 (of 177)

□□□□□□: 1:31:43

□□□□□: 16(of 34)

□□□□□□□: 1:38:53

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:42 | 5:26 | 18 | 4:25 | 92 | 5:44 | 3.25 | 17:42 | 5:26 | 18 | 4:25 | 92 | 5:44 | |
| □□ 2 | 3.25 | 16:40 | 5:07 | 15 | 2:44 | 62 | 4:05 | 6.50 | 34:22 | 5:17 | 15 | 7:09 | 76 | 9:49 | |
| □□ 3 | 3.25 | 17:02 | 5:14 | 13 | 3:01 | 57 | 4:18 | 9.75 | 51:24 | 5:16 | 14 | 9:50 | 64 | 13:39 | |
| □□ 4 | 3.25 | 17:23 | 5:20 | 12 | 3:10 | 52 | 4:10 | 13.00 | 1:08:47 | 5:17 | 14 | 12:58 | 61 | 17:36 | |
| □□ 5 | 3.25 | 18:01 | 5:32 | 14 | 3:54 | 62 | 4:45 | 16.25 | 1:26:48 | 5:20 | 14 | 16:31 | 62 | 21:51 | |
| □□ 6 | 3.25 | 18:29 | 5:41 | 14 | 4:39 | 66 | 5:08 | 19.50 | 1:45:17 | 5:23 | 15 | 20:33 | 64 | 26:35 | |
| □□□ □□ | 3.25 | 18:56 | 5:49 | 16 | 5:02 | 76 | 6:08 | 22.75 | 2:04:13 | 5:27 | 16 | 25:20 | 64 | 32:30 | |