



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Bettenhausen, Rüdiger

□□: Bad Hersfeld

□□: 312

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 2:00:22

□□: 11.34 km/h

□□□□: 5:17 min/km

□□□□□/□□□: 57 (of 244)

□□□□□/□: 48 (of 177)

□□□□□□: 1:31:43

□□□□□: 11(of 34)

□□□□□□□: 1:38:53

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:23 | 5:02 | 11 | 3:06 | 51 | 4:25 | 3.25 | 16:23 | 5:02 | 11 | 3:06 | 51 | 4:25 | |
| □□ 2 | 3.25 | 15:44 | 4:50 | 7 | 1:48 | 37 | 3:09 | 6.50 | 32:07 | 4:56 | 11 | 4:54 | 46 | 7:34 | |
| □□ 3 | 3.25 | 16:01 | 4:55 | 9 | 2:00 | 35 | 3:17 | 9.75 | 48:08 | 4:56 | 10 | 6:34 | 43 | 10:23 | |
| □□ 4 | 3.25 | 17:03 | 5:14 | 11 | 2:50 | 44 | 3:50 | 13.00 | 1:05:11 | 5:00 | 11 | 9:22 | 44 | 14:00 | |
| □□ 5 | 3.25 | 17:49 | 5:28 | 12 | 3:42 | 57 | 4:33 | 16.25 | 1:23:00 | 5:06 | 10 | 12:43 | 43 | 18:03 | |
| □□ 6 | 3.25 | 18:28 | 5:40 | 12 | 4:38 | 63 | 5:07 | 19.50 | 1:41:28 | 5:12 | 11 | 16:44 | 46 | 22:46 | |
| □□□ □□ | 3.25 | 18:54 | 5:48 | 15 | 5:00 | 73 | 6:06 | 22.75 | 2:00:22 | 5:17 | 11 | 21:29 | 48 | 28:39 | |