



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Becker, Christian

□□: Runkel

□□: 307

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 2:13:21

□□: 10.24 km/h

□□□□: 5:52 min/km

□□□□□/□□□: 118 (of 244)

□□□□□/□: 93 (of 177)

□□□□□□: 1:31:43

□□□□□: 21(of 25)

□□□□□□□: 1:32:02

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 15:31 | 4:46 | 14 | 3:33 | 39 | 3:33 | 3.25 | 15:31 | 4:46 | 14 | 3:33 | 39 | 3:33 | |
| □□ 2 | 3.25 | 17:38 | 5:25 | 20 | 5:03 | 84 | 5:03 | 6.50 | 33:09 | 5:05 | 17 | 8:36 | 53 | 8:36 | |
| □□ 3 | 3.25 | 18:36 | 5:43 | 22 | 5:26 | 106 | 5:52 | 9.75 | 51:45 | 5:18 | 20 | 14:00 | 70 | 14:00 | |
| □□ 4 | 3.25 | 20:13 | 6:13 | 23 | 6:47 | 122 | 7:00 | 13.00 | 1:11:58 | 5:32 | 20 | 20:47 | 88 | 20:47 | |
| □□ 5 | 3.25 | 21:12 | 6:31 | 22 | 7:40 | 130 | 7:56 | 16.25 | 1:33:10 | 5:44 | 22 | 28:13 | 95 | 28:13 | |
| □□ 6 | 3.25 | 19:56 | 6:08 | 22 | 6:11 | 97 | 6:35 | 19.50 | 1:53:06 | 5:47 | 22 | 34:24 | 94 | 34:24 | |
| □□□ □□ | 3.25 | 20:15 | 6:13 | 21 | 6:55 | 95 | 7:27 | 22.75 | 2:13:21 | 5:51 | 21 | 41:19 | 93 | 41:38 | |