



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Marquardt, Alexander

□□: Crazy Runners Team Frankenwald

□□: 432

□□: 22.75 km

Halbmarathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 2:14:41

□□: 10.13 km/h

□□□□: 5:55 min/km

□□□□□/□□□□: 123 (of 244)

□□□□□/□: 97 (of 177)

□□□□□□: 1:31:43

□□□□□: 9(of 23)

□□□□□□□: 1:53:31

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:17 | 5:19 | 6 | 3:29 | 79 | 5:19 | 3.25 | 17:17 | 5:19 | 6 | 3:29 | 79 | 5:19 |
| □□ 2 | 3.25 | 16:43 | 5:08 | 4 | 2:39 | 63 | 4:08 | 6.50 | 34:00 | 5:13 | 6 | 6:08 | 71 | 9:27 |
| □□ 3 | 3.25 | 18:13 | 5:36 | 8 | 3:16 | 92 | 5:29 | 9.75 | 52:13 | 5:21 | 8 | 9:24 | 80 | 14:28 |
| □□ 4 | 3.25 | 18:40 | 5:44 | 9 | 2:49 | 90 | 5:27 | 13.00 | 1:10:53 | 5:27 | 7 | 12:13 | 78 | 19:42 |
| □□ 5 | 3.25 | 20:36 | 6:20 | 14 | 3:49 | 116 | 7:20 | 16.25 | 1:31:29 | 5:37 | 8 | 15:34 | 86 | 26:32 |
| □□ 6 | 3.25 | 21:16 | 6:32 | 13 | 4:11 | 112 | 7:55 | 19.50 | 1:52:45 | 5:46 | 9 | 18:07 | 92 | 34:03 |
| □□□ □□ | 3.25 | 21:56 | 6:44 | 13 | 5:27 | 117 | 9:08 | 22.75 | 2:14:41 | 5:55 | 9 | 21:10 | 97 | 42:58 |