



14. Kristall-Marathon

Merkers / 16.02.2020

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Haueis, Johannes

□□: Crazy Runners Team Frankenwald

□□: 661

□□: 42.25 km

Marathon

□□□□:

Senioren M30 (30-34 Jahre)

□□□: 3:00:30

□□: 13.96 km/h

□□□□: 4:16 min/km

□□□□□/□□□: 3 (of 185)

□□□□□/□: 3 (of 161)

□□□□□□: 2:53:52

□□□□□: 3(of 13)

□□□□□□□: 2:53:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	12:00	3:41	3	0:13	4	0:13	3.25	12:00	3:41	3	0:13	4	0:13	
□□ 2	3.25	12:46	3:55	4	12:45	6	12:45	6.50	24:46	3:48	4	7:31	5	7:31	
□□ 3	3.25	12:50	3:56	1	-	1	-	9.75	37:36	3:51	3	4:12	4	4:12	
□□ 4	3.25	12:58	3:59	1	-	1	-	13.00	50:34	3:53	3	0:55	3	0:55	
□□ 5	3.25	13:30	4:09	2	0:18	4	0:18	16.25	1:04:04	3:56	2	0:29	2	0:29	
□□ 6	3.25	13:33	4:10	2	0:15	2	0:15	19.50	1:17:37	3:58	2	0:44	2	0:44	
□□ 7	3.25	13:56	4:17	3	0:34	4	0:34	22.75	1:31:33	4:01	2	1:05	2	1:05	
□□ 8	3.25	13:57	4:17	3	0:14	4	13:56	26.00	1:45:30	4:03	2	1:17	2	1:17	
□□ 9	3.25	14:27	4:26	3	0:28	3	0:28	29.25	1:59:57	4:06	2	1:45	2	1:45	
□□ 10	3.25	14:55	4:35	3	0:59	3	0:59	32.50	2:14:52	4:08	3	2:34	3	2:34	
□□ 11	3.25	15:45	4:50	3	1:45	5	15:44	35.75	2:30:37	4:12	3	4:18	3	4:18	
□□ 12	3.25	15:28	4:45	3	1:38	4	1:38	39.00	2:46:05	4:15	3	5:44	3	5:44	
□□□ □□	3.25	14:25	4:26	3	1:23	4	1:23	42.25	3:00:30	4:16	3	6:38	3	6:38	