



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Sperlich, Jens

00: LG Rudelsburg Bad Kösen

00: 797

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:06:58

00: 13.48 km/h

0000: 4:26 min/km

00000/0000: 4 (of 185)

00000/0: 4 (of 161)

000000: 2:53:52

00000: 1(of 25)

0000000: 3:06:58

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| 000    | 00   | 00    | 00     | 00 | 00    | 00 | 00    | 000   | 000     | 000    | 00 | 00 | 00 | 00    |
|--------|------|-------|--------|----|-------|----|-------|-------|---------|--------|----|----|----|-------|
|        | km   | 00    | min/km | -  | -     | 0  | 0     | km    | 00      | min/km | -  | -  | 0  | 0     |
| 00 1   | 3.25 | 12:04 | 3:42   | 1  | -     | 5  | 0:17  | 3.25  | 12:04   | 3:42   | 1  | -  | 5  | 0:17  |
| 00 2   | 3.25 | 12:43 | 3:54   | 1  | -     | 4  | 12:42 | 6.50  | 24:47   | 3:48   | 1  | -  | 6  | 7:32  |
| 00 3   | 3.25 | 13:00 | 4:00   | 1  | -     | 4  | 0:10  | 9.75  | 37:47   | 3:52   | 1  | -  | 5  | 4:23  |
| 00 4   | 3.25 | 13:06 | 4:01   | 1  | -     | 2  | 0:08  | 13.00 | 50:53   | 3:54   | 1  | -  | 5  | 1:14  |
| 00 5   | 3.25 | 13:26 | 4:08   | 1  | -     | 2  | 0:14  | 16.25 | 1:04:19 | 3:57   | 1  | -  | 4  | 0:44  |
| 00 6   | 3.25 | 13:37 | 4:11   | 1  | -     | 3  | 0:19  | 19.50 | 1:17:56 | 3:59   | 1  | -  | 4  | 1:03  |
| 00 7   | 3.25 | 13:59 | 4:18   | 1  | -     | 5  | 0:37  | 22.75 | 1:31:55 | 4:02   | 1  | -  | 4  | 1:27  |
| 00 8   | 3.25 | 14:29 | 4:27   | 2  | 14:28 | 5  | 14:28 | 26.00 | 1:46:24 | 4:05   | 1  | -  | 5  | 2:11  |
| 00 9   | 3.25 | 14:52 | 4:34   | 1  | -     | 6  | 0:53  | 29.25 | 2:01:16 | 4:08   | 1  | -  | 5  | 3:04  |
| 00 10  | 3.25 | 16:10 | 4:58   | 2  | 0:26  | 8  | 2:14  | 32.50 | 2:17:26 | 4:13   | 1  | -  | 4  | 5:08  |
| 00 11  | 3.25 | 16:53 | 5:11   | 2  | 0:55  | 12 | 16:52 | 35.75 | 2:34:19 | 4:18   | 1  | -  | 4  | 8:00  |
| 00 12  | 3.25 | 16:44 | 5:08   | 3  | 0:25  | 10 | 2:54  | 39.00 | 2:51:03 | 4:23   | 1  | -  | 4  | 10:42 |
| 000 00 | 3.25 | 15:55 | 4:53   | 1  | -     | 6  | 2:53  | 42.25 | 3:06:58 | 4:25   | 1  | -  | 4  | 13:06 |