



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Malzahn, Kai

□□: Team Actreme - KS Sportsworld

□□: 729

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:11:45

□□: 13.22 km/h

□□□□: 4:32 min/km

□□□□□/□□□□: 6 (of 185)

□□□□□/□: 6 (of 161)

□□□□□□: 2:53:52

□□□□□: 2(of 24)

□□□□□□□: 3:10:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	11:55	3:39	1	-	2	0:08	3.25	11:55	3:39	1	-	2	0:08	
□□ 2	3.25	12:31	3:51	1	-	2	12:30	6.50	24:26	3:45	1	-	2	7:11	
□□ 3	3.25	12:54	3:58	1	-	3	0:04	9.75	37:20	3:49	1	-	3	3:56	
□□ 4	3.25	13:18	4:05	1	-	4	0:20	13.00	50:38	3:53	1	-	4	0:59	
□□ 5	3.25	13:26	4:08	1	-	2	0:14	16.25	1:04:04	3:56	1	-	2	0:29	
□□ 6	3.25	13:49	4:15	1	-	5	0:31	19.50	1:17:53	3:59	1	-	3	1:00	
□□ 7	3.25	13:54	4:16	1	-	3	0:32	22.75	1:31:47	4:02	1	-	3	1:19	
□□ 8	3.25	14:29	4:27	1	-	5	14:28	26.00	1:46:16	4:05	1	-	4	2:03	
□□ 9	3.25	14:47	4:32	2	0:04	5	0:48	29.25	2:01:03	4:08	1	-	4	2:51	
□□ 10	3.25	16:57	5:12	4	1:52	14	3:01	32.50	2:18:00	4:14	1	-	5	5:42	
□□ 11	3.25	18:41	5:44	9	18:40	39	18:40	35.75	2:36:41	4:22	1	-	5	10:22	
□□ 12	3.25	18:15	5:36	5	3:30	25	4:25	39.00	2:54:56	4:29	1	-	5	14:35	
□□□ □□	3.25	16:49	5:10	4	2:30	16	3:47	42.25	3:11:45	4:32	2	1:38	6	17:53	