



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

**Pommer, Mario**

00: Meddys LWT Koblenz

00: 754

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:18:36

00: 12.69 km/h

0000: 4:42 min/km

00000/000: 9 (of 185)

00000/0: 9 (of 161)

000000: 2:53:52

00000: 2(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 | 13:57 | 4:17   | 4  | 1:53  | 13 | 2:10  | 3.25  | 13:57   | 4:17   | 4  | 1:53  | 13 | 2:10  |
| 00 2   | 3.25 | 15:14 | 4:41   | 5  | 2:31  | 20 | 15:13 | 6.50  | 29:11   | 4:29   | 4  | 4:24  | 18 | 11:56 |
| 00 3   | 3.25 | 14:49 | 4:33   | 3  | 1:49  | 14 | 1:59  | 9.75  | 44:00   | 4:30   | 4  | 6:13  | 17 | 10:36 |
| 00 4   | 3.25 | 14:55 | 4:35   | 3  | 1:49  | 15 | 1:57  | 13.00 | 58:55   | 4:31   | 4  | 8:02  | 17 | 9:16  |
| 00 5   | 3.25 | 14:55 | 4:35   | 2  | 1:29  | 12 | 1:43  | 16.25 | 1:13:50 | 4:32   | 4  | 9:31  | 16 | 10:15 |
| 00 6   | 3.25 | 14:58 | 4:36   | 2  | 1:21  | 10 | 1:40  | 19.50 | 1:28:48 | 4:33   | 3  | 10:52 | 15 | 11:55 |
| 00 7   | 3.25 | 15:05 | 4:38   | 2  | 1:06  | 9  | 1:43  | 22.75 | 1:43:53 | 4:33   | 2  | 11:58 | 13 | 13:25 |
| 00 8   | 3.25 | 15:07 | 4:39   | 3  | 15:06 | 10 | 15:06 | 26.00 | 1:59:00 | 4:34   | 3  | 12:36 | 14 | 14:47 |
| 00 9   | 3.25 | 15:16 | 4:41   | 2  | 0:24  | 8  | 1:17  | 29.25 | 2:14:16 | 4:35   | 3  | 13:00 | 11 | 16:04 |
| 00 10  | 3.25 | 15:44 | 4:50   | 1  | -     | 6  | 1:48  | 32.50 | 2:30:00 | 4:36   | 2  | 12:34 | 9  | 17:42 |
| 00 11  | 3.25 | 15:58 | 4:54   | 1  | -     | 6  | 15:57 | 35.75 | 2:45:58 | 4:38   | 2  | 11:39 | 9  | 19:39 |
| 00 12  | 3.25 | 16:19 | 5:01   | 1  | -     | 6  | 2:29  | 39.00 | 3:02:17 | 4:40   | 2  | 11:14 | 9  | 21:56 |
| 000 00 | 3.25 | 16:19 | 5:01   | 3  | 0:24  | 11 | 3:17  | 42.25 | 3:18:36 | 4:42   | 2  | 11:38 | 9  | 24:44 |