



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Hiebing, Sebastian

000: 3:33:32

00: Team Erdinger Alkoholfrei- Tri Team Gütersloh 000V11.87 km/h

00: 668

0000: 5:03 min/km

00: 42.25 km

00000/000: 19 (of 185)

Marathon

00000/0: 18 (of 161)

000000: 2:53:52

0000:

00000: 5(of 24)

Senioren M40 (40-44 Jahre)

0000000: 3:10:07

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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 | 13:39 | 4:12 | 3 | 1:44 | 10 | 1:52 | 3.25 | 13:39 | 4:12 | 3 | 1:44 | 10 | 1:52 |
| 00 2 | 3.25 | 14:44 | 4:31 | 5 | 2:13 | 17 | 14:43 | 6.50 | 28:23 | 4:21 | 3 | 3:57 | 13 | 11:08 |
| 00 3 | 3.25 | 15:00 | 4:36 | 5 | 2:06 | 17 | 2:10 | 9.75 | 43:23 | 4:26 | 5 | 6:03 | 16 | 9:59 |
| 00 4 | 3.25 | 15:22 | 4:43 | 5 | 2:04 | 17 | 2:24 | 13.00 | 58:45 | 4:31 | 5 | 8:07 | 16 | 9:06 |
| 00 5 | 3.25 | 15:37 | 4:48 | 5 | 2:11 | 19 | 2:25 | 16.25 | 1:14:22 | 4:34 | 5 | 10:18 | 18 | 10:47 |
| 00 6 | 3.25 | 15:48 | 4:51 | 5 | 1:59 | 21 | 2:30 | 19.50 | 1:30:10 | 4:37 | 5 | 12:17 | 18 | 13:17 |
| 00 7 | 3.25 | 16:26 | 5:03 | 6 | 2:32 | 22 | 3:04 | 22.75 | 1:46:36 | 4:41 | 5 | 14:49 | 18 | 16:08 |
| 00 8 | 3.25 | 16:51 | 5:11 | 6 | 2:22 | 22 | 16:50 | 26.00 | 2:03:27 | 4:44 | 5 | 17:11 | 19 | 19:14 |
| 00 9 | 3.25 | 17:32 | 5:23 | 9 | 2:49 | 32 | 3:33 | 29.25 | 2:20:59 | 4:49 | 5 | 19:56 | 21 | 22:47 |
| 00 10 | 3.25 | 18:01 | 5:32 | 9 | 2:56 | 33 | 4:05 | 32.50 | 2:39:00 | 4:53 | 5 | 21:00 | 20 | 26:42 |
| 00 11 | 3.25 | 18:05 | 5:33 | 6 | 18:04 | 31 | 18:04 | 35.75 | 2:57:05 | 4:57 | 5 | 20:24 | 20 | 30:46 |
| 00 12 | 3.25 | 18:43 | 5:45 | 8 | 3:58 | 36 | 4:53 | 39.00 | 3:15:48 | 5:01 | 5 | 20:52 | 20 | 35:27 |
| 000 00 | 3.25 | 17:44 | 5:27 | 8 | 3:25 | 28 | 4:42 | 42.25 | 3:33:32 | 5:03 | 5 | 23:25 | 18 | 39:40 |