



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Zitzenbacher, Fredl

00: SCHWARZACH TRAIL Raceteam by Salomon

00: 845

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 3:39:14

00: 11.49 km/h

0000: 5:11 min/km

00000/000: 26 (of 185)

00000/0: 25 (of 161)

000000: 2:53:52

00000: 5(of 40)

0000000: 3:16:10

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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 | 15:22 | 4:43   | 7  | 2:32 | 28 | 3:35  | 3.25  | 15:22   | 4:43   | 7  | 2:32  | 28 | 3:35  |
| 00 2   | 3.25 | 16:22 | 5:02   | 7  | 2:55 | 42 | 16:21 | 6.50  | 31:44   | 4:52   | 7  | 5:27  | 32 | 14:29 |
| 00 3   | 3.25 | 16:40 | 5:07   | 9  | 2:53 | 48 | 3:50  | 9.75  | 48:24   | 4:57   | 8  | 8:20  | 37 | 15:00 |
| 00 4   | 3.25 | 16:50 | 5:10   | 7  | 2:41 | 40 | 3:52  | 13.00 | 1:05:14 | 5:01   | 8  | 11:01 | 37 | 15:35 |
| 00 5   | 3.25 | 16:49 | 5:10   | 7  | 2:34 | 41 | 3:37  | 16.25 | 1:22:03 | 5:02   | 6  | 13:35 | 34 | 18:28 |
| 00 6   | 3.25 | 16:56 | 5:12   | 7  | 2:24 | 37 | 3:38  | 19.50 | 1:38:59 | 5:04   | 6  | 15:59 | 35 | 22:06 |
| 00 7   | 3.25 | 17:04 | 5:15   | 6  | 2:16 | 32 | 3:42  | 22.75 | 1:56:03 | 5:06   | 6  | 18:15 | 34 | 25:35 |
| 00 8   | 3.25 | 17:11 | 5:17   | 7  | 2:20 | 33 | 17:10 | 26.00 | 2:13:14 | 5:07   | 6  | 20:17 | 35 | 29:01 |
| 00 9   | 3.25 | 17:02 | 5:14   | 6  | 1:23 | 20 | 3:03  | 29.25 | 2:30:16 | 5:08   | 6  | 21:40 | 32 | 32:04 |
| 00 10  | 3.25 | 17:07 | 5:15   | 6  | 1:08 | 17 | 3:11  | 32.50 | 2:47:23 | 5:09   | 5  | 22:48 | 31 | 35:05 |
| 00 11  | 3.25 | 17:37 | 5:25   | 5  | 1:24 | 20 | 17:36 | 35.75 | 3:05:00 | 5:10   | 5  | 23:44 | 31 | 38:41 |
| 00 12  | 3.25 | 17:35 | 5:24   | 5  | 1:20 | 20 | 3:45  | 39.00 | 3:22:35 | 5:11   | 5  | 23:53 | 28 | 42:14 |
| 000 00 | 3.25 | 16:39 | 5:07   | 3  | 0:26 | 14 | 3:37  | 42.25 | 3:39:14 | 5:11   | 5  | 23:04 | 25 | 45:22 |