



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Hviid, Per

□□: Klub 100 Marathon Danmark

□□: 687

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 3:40:28

□□: 11.50 km/h

□□□□: 5:13 min/km

□□□□□/□□□: 28 (of 185)

□□□□□/□: 27 (of 161)

□□□□□□: 2:53:52

□□□□□: 3(of 30)

□□□□□□□: 3:39:08

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 13:45 | 4:13 | 1 | - | 12 | 1:58 | 3.25 | 13:45 | 4:13 | 1 | - | 12 | 1:58 | |
| □□ 2 | 3.25 | 14:04 | 4:19 | 1 | - | 10 | 14:03 | 6.50 | 27:49 | 4:16 | 1 | - | 10 | 10:34 | |
| □□ 3 | 3.25 | 14:29 | 4:27 | 1 | - | 12 | 1:39 | 9.75 | 42:18 | 4:20 | 1 | - | 10 | 8:54 | |
| □□ 4 | 3.25 | 14:51 | 4:34 | 1 | - | 12 | 1:53 | 13.00 | 57:09 | 4:23 | 1 | - | 10 | 7:30 | |
| □□ 5 | 3.25 | 15:26 | 4:44 | 1 | - | 15 | 2:14 | 16.25 | 1:12:35 | 4:28 | 1 | - | 13 | 9:00 | |
| □□ 6 | 3.25 | 16:10 | 4:58 | 1 | - | 24 | 2:52 | 19.50 | 1:28:45 | 4:33 | 1 | - | 14 | 11:52 | |
| □□ 7 | 3.25 | 16:24 | 5:02 | 1 | - | 21 | 3:02 | 22.75 | 1:45:09 | 4:37 | 1 | - | 17 | 14:41 | |
| □□ 8 | 3.25 | 17:25 | 5:21 | 3 | 0:28 | 37 | 17:24 | 26.00 | 2:02:34 | 4:42 | 1 | - | 18 | 18:21 | |
| □□ 9 | 3.25 | 17:56 | 5:31 | 4 | 0:53 | 41 | 3:57 | 29.25 | 2:20:30 | 4:48 | 1 | - | 18 | 22:18 | |
| □□ 10 | 3.25 | 19:29 | 5:59 | 8 | 2:20 | 59 | 5:33 | 32.50 | 2:39:59 | 4:55 | 1 | - | 22 | 27:41 | |
| □□ 11 | 3.25 | 20:36 | 6:20 | 9 | 3:10 | 67 | 20:35 | 35.75 | 3:00:35 | 5:03 | 1 | - | 24 | 34:16 | |
| □□ 12 | 3.25 | 20:58 | 6:27 | 10 | 3:45 | 67 | 7:08 | 39.00 | 3:21:33 | 5:10 | 1 | - | 25 | 41:12 | |
| □□□ □□ | 3.25 | 18:55 | 5:49 | 5 | 1:40 | 44 | 5:53 | 42.25 | 3:40:28 | 5:13 | 3 | 1:20 | 27 | 46:36 | |