



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Schrader, Mark

□□: SV Amelsen

□□: 785

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:43:26

□□: 11.28 km/h

□□□□: 5:17 min/km

□□□□□/□□□: 30 (of 185)

□□□□□/□: 28 (of 161)

□□□□□□: 2:53:52

□□□□□: 7(of 24)

□□□□□□□: 3:10:07

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:09	4:58	7	4:14	39	4:22	3.25	16:09	4:58	7	4:14	39	4:22	
□□ 2	3.25	16:01	4:55	8	3:30	35	16:00	6.50	32:10	4:56	7	7:44	38	14:55	
□□ 3	3.25	16:08	4:57	7	3:14	31	3:18	9.75	48:18	4:57	7	10:58	33	14:54	
□□ 4	3.25	16:17	5:00	7	2:59	31	3:19	13.00	1:04:35	4:58	8	13:57	32	14:56	
□□ 5	3.25	16:23	5:02	7	2:57	25	3:11	16.25	1:20:58	4:58	8	16:54	32	17:23	
□□ 6	3.25	15:55	4:53	7	2:06	23	2:37	19.50	1:36:53	4:58	7	19:00	28	20:00	
□□ 7	3.25	16:23	5:02	5	2:29	20	3:01	22.75	1:53:16	4:58	7	21:29	28	22:48	
□□ 8	3.25	16:58	5:13	7	2:29	26	16:57	26.00	2:10:14	5:00	7	23:58	27	26:01	
□□ 9	3.25	17:25	5:21	8	2:42	28	3:26	29.25	2:27:39	5:02	7	26:36	27	29:27	
□□ 10	3.25	17:58	5:31	8	2:53	31	4:02	32.50	2:45:37	5:05	8	27:37	28	33:19	
□□ 11	3.25	18:52	5:48	11	18:51	42	18:51	35.75	3:04:29	5:09	8	27:48	29	38:10	
□□ 12	3.25	19:02	5:51	10	4:17	40	5:12	39.00	3:23:31	5:13	7	28:35	30	43:10	
□□□ □□	3.25	19:55	6:07	11	5:36	59	6:53	42.25	3:43:26	5:17	7	33:19	28	49:34	