



14. Kristall-Marathon

Merkers / 16.02.2020

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Nielsen, Michael Zimmermann

□□□: 3:47:07

□□: Klub 100 Marathon Denmark

□□: 11.16 km/h

□□: 741

□□□□: 5:23 min/km

□□: 42.25 km

□□□□□/□□□: 41 (of 185)

Marathon

□□□□□/□: 38 (of 161)

□□□□□□: 2:53:52

□□□□:

□□□□□: 4(of 30)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:39:08

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:04	4:56	4	2:19	37	4:17	3.25	16:04	4:56	4	2:19	37	4:17	
□□ 2	3.25	16:35	5:06	5	2:31	49	16:34	6.50	32:39	5:01	5	4:50	42	15:24	
□□ 3	3.25	17:25	5:21	7	2:56	60	4:35	9.75	50:04	5:08	5	7:46	47	16:40	
□□ 4	3.25	17:02	5:14	5	2:11	49	4:04	13.00	1:07:06	5:09	5	9:57	47	17:27	
□□ 5	3.25	17:22	5:20	5	1:56	50	4:10	16.25	1:24:28	5:11	5	11:53	49	20:53	
□□ 6	3.25	17:27	5:22	5	1:17	47	4:09	19.50	1:41:55	5:13	5	13:10	50	25:02	
□□ 7	3.25	18:10	5:35	6	1:46	55	4:48	22.75	2:00:05	5:16	5	14:56	50	29:37	
□□ 8	3.25	17:29	5:22	5	0:32	39	17:28	26.00	2:17:34	5:17	5	15:00	48	33:21	
□□ 9	3.25	17:33	5:24	3	0:30	34	3:34	29.25	2:35:07	5:18	5	14:37	46	36:55	
□□ 10	3.25	17:45	5:27	3	0:36	26	3:49	32.50	2:52:52	5:19	5	12:53	45	40:34	
□□ 11	3.25	17:54	5:30	3	0:28	26	17:53	35.75	3:10:46	5:20	4	10:11	42	44:27	
□□ 12	3.25	18:14	5:36	3	1:01	24	4:24	39.00	3:29:00	5:21	4	7:27	40	48:39	
□□□ □□	3.25	18:07	5:34	3	0:52	34	5:05	42.25	3:47:07	5:22	4	7:59	38	53:15	