



14. Kristall-Marathon

Merkers / 16.02.2020

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Sperling, Mike

□□: TSG Glauchau

□□: 798

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:03:43

□□: 10.40 km/h

□□□□: 5:46 min/km

□□□□□/□□□: 65 (of 185)

□□□□□/□: 60 (of 161)

□□□□□□: 2:53:52

□□□□□: 12(of 40)

□□□□□□□: 3:16:10

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:49	6:24	35	7:59	141	9:02	3.25	20:49	6:24	35	7:59	141	9:02	
□□ 2	3.25	19:25	5:58	29	5:58	126	19:24	6.50	40:14	6:11	34	13:57	137	22:59	
□□ 3	3.25	19:09	5:53	25	5:22	109	6:19	9.75	59:23	6:05	29	19:19	125	25:59	
□□ 4	3.25	19:54	6:07	26	5:45	119	6:56	13.00	1:19:17	6:05	28	25:04	124	29:38	
□□ 5	3.25	18:28	5:40	16	4:13	75	5:16	16.25	1:37:45	6:00	26	29:17	116	34:10	
□□ 6	3.25	18:37	5:43	14	4:05	71	5:19	19.50	1:56:22	5:58	25	33:22	110	39:29	
□□ 7	3.25	19:04	5:51	16	4:16	70	5:42	22.75	2:15:26	5:57	24	37:38	104	44:58	
□□ 8	3.25	18:27	5:40	12	3:36	56	18:26	26.00	2:33:53	5:55	23	40:56	96	49:40	
□□ 9	3.25	18:21	5:38	10	2:42	47	4:22	29.25	2:52:14	5:53	21	43:38	87	54:02	
□□ 10	3.25	18:26	5:40	10	2:27	40	4:30	32.50	3:10:40	5:51	19	46:05	79	58:22	
□□ 11	3.25	18:24	5:39	9	2:11	33	18:23	35.75	3:29:04	5:50	15	47:48	71	1:02:45	
□□ 12	3.25	17:48	5:28	6	1:33	21	3:58	39.00	3:46:52	5:49	13	48:10	65	1:06:31	
□□□ □□	3.25	16:51	5:11	4	0:38	18	3:49	42.25	4:03:43	5:46	12	47:33	60	1:09:51	