



# 14. Kristall-Marathon

Merkers / 16.02.2020

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**Pawlik, Mario**

□□: Pawliks Lauffamily

□□: 746

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:06:06

□□: 10.30 km/h

□□□□: 5:49 min/km

□□□□□/□□□: 67 (of 185)

□□□□□/□: 62 (of 161)

□□□□□□: 2:53:52

□□□□□: 12(of 25)

□□□□□□□: 3:06:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	14:49	4:33	5	2:45	20	3:02	3.25	14:49	4:33	5	2:45	20	3:02
□□ 2	3.25	15:23	4:44	6	2:40	22	15:22	6.50	30:12	4:38	5	5:25	20	12:57
□□ 3	3.25	15:57	4:54	7	2:57	25	3:07	9.75	46:09	4:44	6	8:22	21	12:45
□□ 4	3.25	16:50	5:10	10	3:44	40	3:52	13.00	1:02:59	4:50	7	12:06	25	13:20
□□ 5	3.25	17:15	5:18	10	3:49	48	4:03	16.25	1:20:14	4:56	8	15:55	29	16:39
□□ 6	3.25	18:19	5:38	12	4:42	65	5:01	19.50	1:38:33	5:03	9	20:37	33	21:40
□□ 7	3.25	19:23	5:57	16	5:24	79	6:01	22.75	1:57:56	5:11	10	26:01	44	27:28
□□ 8	3.25	20:51	6:24	18	20:50	100	20:50	26.00	2:18:47	5:20	10	32:23	50	34:34
□□ 9	3.25	21:08	6:30	18	6:16	90	7:09	29.25	2:39:55	5:28	10	38:39	52	41:43
□□ 10	3.25	22:17	6:51	20	6:33	101	8:21	32.50	3:02:12	5:36	12	44:46	60	49:54
□□ 11	3.25	22:50	7:01	21	6:52	106	22:49	35.75	3:25:02	5:44	12	50:43	63	58:43
□□ 12	3.25	21:48	6:42	15	5:29	79	7:58	39.00	3:46:50	5:48	12	55:47	64	1:06:29
□□□ □□	3.25	19:16	5:55	11	3:21	51	6:14	42.25	4:06:06	5:49	12	59:08	62	1:12:14