



# 14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Schrod, Matthias

□□: CaBas CaBaNauTeN

□□: 787

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:06:13

□□: 10.30 km/h

□□□□: 5:50 min/km

□□□□□/□□□: 68 (of 185)

□□□□□/□: 63 (of 161)

□□□□□□: 2:53:52

□□□□□: 13(of 25)

□□□□□□□: 3:06:58

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:28	5:22	13	5:24	66	5:41	3.25	17:28	5:22	13	5:24	66	5:41	
□□ 2	3.25	17:32	5:23	14	4:49	68	17:31	6.50	35:00	5:23	14	10:13	66	17:45	
□□ 3	3.25	18:51	5:48	19	5:51	103	6:01	9.75	53:51	5:31	15	16:04	79	20:27	
□□ 4	3.25	19:23	5:57	21	6:17	107	6:25	13.00	1:13:14	5:38	17	22:21	88	23:35	
□□ 5	3.25	19:12	5:54	18	5:46	100	6:00	16.25	1:32:26	5:41	18	28:07	89	28:51	
□□ 6	3.25	18:53	5:48	15	5:16	76	5:35	19.50	1:51:19	5:42	18	33:23	86	34:26	
□□ 7	3.25	19:05	5:52	14	5:06	72	5:43	22.75	2:10:24	5:43	17	38:29	82	39:56	
□□ 8	3.25	18:53	5:48	13	18:52	64	18:52	26.00	2:29:17	5:44	16	42:53	79	45:04	
□□ 9	3.25	18:47	5:46	11	3:55	55	4:48	29.25	2:48:04	5:44	16	46:48	74	49:52	
□□ 10	3.25	19:25	5:58	10	3:41	57	5:29	32.50	3:07:29	5:46	16	50:03	71	55:11	
□□ 11	3.25	20:27	6:17	10	4:29	62	20:26	35.75	3:27:56	5:48	15	53:37	68	1:01:37	
□□ 12	3.25	19:42	6:03	10	3:23	48	5:52	39.00	3:47:38	5:50	14	56:35	67	1:07:17	
□□□ □□	3.25	18:35	5:43	9	2:40	38	5:33	42.25	4:06:13	5:49	13	59:15	63	1:12:21	