



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Malcowski, Peter

□□: CaBas CaBaNauTeN

□□: 728

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:10:55

□□: 10.04 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 78 (of 185)

□□□□□/□: 73 (of 161)

□□□□□□: 2:53:52

□□□□□: 16(of 40)

□□□□□□□: 3:16:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:12	5:54	27	6:22	113	7:25	3.25	19:12	5:54	27	6:22	113	7:25	
□□ 2	3.25	17:54	5:30	17	4:27	84	17:53	6.50	37:06	5:42	23	10:49	105	19:51	
□□ 3	3.25	18:34	5:42	19	4:47	94	5:44	9.75	55:40	5:42	21	15:36	101	22:16	
□□ 4	3.25	18:55	5:49	20	4:46	89	5:57	13.00	1:14:35	5:44	21	20:22	101	24:56	
□□ 5	3.25	19:01	5:51	22	4:46	94	5:49	16.25	1:33:36	5:45	19	25:08	96	30:01	
□□ 6	3.25	19:23	5:57	22	4:51	92	6:05	19.50	1:52:59	5:47	19	29:59	93	36:06	
□□ 7	3.25	19:15	5:55	17	4:27	75	5:53	22.75	2:12:14	5:48	20	34:26	92	41:46	
□□ 8	3.25	19:33	6:00	17	4:42	77	19:32	26.00	2:31:47	5:50	20	38:50	89	47:34	
□□ 9	3.25	20:06	6:11	15	4:27	75	6:07	29.25	2:51:53	5:52	20	43:17	85	53:41	
□□ 10	3.25	19:40	6:03	15	3:41	67	5:44	32.50	3:11:33	5:53	20	46:58	82	59:15	
□□ 11	3.25	19:30	6:00	13	3:17	50	19:29	35.75	3:31:03	5:54	17	49:47	77	1:04:44	
□□ 12	3.25	21:01	6:28	17	4:46	68	7:11	39.00	3:52:04	5:57	17	53:22	76	1:11:43	
□□□ □□	3.25	18:51	5:48	13	2:38	41	5:49	42.25	4:10:55	5:56	16	54:45	73	1:17:03	