



# 14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

## Schmidt, Dirk

□□: GutsMuths - Rennsteiglaufverein

□□: 780

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:16:00

□□: 9.84 km/h

□□□□: 6:04 min/km

□□□□□/□□□□: 86 (of 185)

□□□□□/□: 79 (of 161)

□□□□□□: 2:53:52

□□□□□: 16(of 25)

□□□□□□□: 3:06:58

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 16:40    | 5:07         | 11      | 4:36    | 44      | 4:53    | 3.25  | 16:40     | 5:07      | 11            | 4:36    | 44      | 4:53    |         |
| □□ 2   | 3.25     | 16:23    | 5:02         | 11      | 3:40    | 45      | 16:22   | 6.50  | 33:03     | 5:05      | 11            | 8:16    | 45      | 15:48   |         |
| □□ 3   | 3.25     | 17:13    | 5:17         | 13      | 4:13    | 55      | 4:23    | 9.75  | 50:16     | 5:09      | 11            | 12:29   | 49      | 16:52   |         |
| □□ 4   | 3.25     | 18:01    | 5:32         | 14      | 4:55    | 68      | 5:03    | 13.00 | 1:08:17   | 5:15      | 12            | 17:24   | 55      | 18:38   |         |
| □□ 5   | 3.25     | 18:18    | 5:37         | 14      | 4:52    | 71      | 5:06    | 16.25 | 1:26:35   | 5:19      | 11            | 22:16   | 56      | 23:00   |         |
| □□ 6   | 3.25     | 18:46    | 5:46         | 14      | 5:09    | 74      | 5:28    | 19.50 | 1:45:21   | 5:24      | 11            | 27:25   | 56      | 28:28   |         |
| □□ 7   | 3.25     | 18:56    | 5:49         | 13      | 4:57    | 69      | 5:34    | 22.75 | 2:04:17   | 5:27      | 11            | 32:22   | 58      | 33:49   |         |
| □□ 8   | 3.25     | 20:51    | 6:24         | 18      | 20:50   | 100     | 20:50   | 26.00 | 2:25:08   | 5:34      | 13            | 38:44   | 65      | 40:55   |         |
| □□ 9   | 3.25     | 20:41    | 6:21         | 16      | 5:49    | 87      | 6:42    | 29.25 | 2:45:49   | 5:40      | 15            | 44:33   | 69      | 47:37   |         |
| □□ 10  | 3.25     | 21:23    | 6:34         | 15      | 5:39    | 85      | 7:27    | 32.50 | 3:07:12   | 5:45      | 15            | 49:46   | 70      | 54:54   |         |
| □□ 11  | 3.25     | 22:38    | 6:57         | 20      | 6:40    | 99      | 22:37   | 35.75 | 3:29:50   | 5:52      | 16            | 55:31   | 75      | 1:03:31 |         |
| □□ 12  | 3.25     | 23:59    | 7:22         | 22      | 7:40    | 113     | 10:09   | 39.00 | 3:53:49   | 5:59      | 16            | 1:02:46 | 79      | 1:13:28 |         |
| □□□ □□ | 3.25     | 22:11    | 6:49         | 19      | 6:16    | 95      | 9:09    | 42.25 | 4:16:00   | 6:03      | 16            | 1:09:02 | 79      | 1:22:08 |         |