



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Schmidt, Dirk

□□: GutsMuths - Rennsteiglaufverein

□□: 780

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:16:00

□□: 9.90 km/h

□□□□: 6:04 min/km

□□□□□/□□□: 86 (of 185)

□□□□□/□: 79 (of 161)

□□□□□□: 2:53:52

□□□□□: 16(of 25)

□□□□□□□: 3:06:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 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	