



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Hiltunen, Jari

□□: Haslev

□□: 669

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:17:04

□□: 9.80 km/h

□□□□: 6:05 min/km

□□□□□/□□□□: 87 (of 185)

□□□□□/□: 80 (of 161)

□□□□□□: 2:53:52

□□□□□: 17(of 25)

□□□□□□□: 3:06:58

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:46	5:46	20	6:42	105	6:59	3.25	18:46	5:46	20	6:42	105	6:59	
□□ 2	3.25	18:09	5:35	18	5:26	93	18:08	6.50	36:55	5:40	19	12:08	103	19:40	
□□ 3	3.25	18:22	5:39	17	5:22	86	5:32	9.75	55:17	5:40	19	17:30	96	21:53	
□□ 4	3.25	18:41	5:44	17	5:35	84	5:43	13.00	1:13:58	5:41	19	23:05	94	24:19	
□□ 5	3.25	18:14	5:36	13	4:48	67	5:02	16.25	1:32:12	5:40	17	27:53	88	28:37	
□□ 6	3.25	18:18	5:37	11	4:41	64	5:00	19.50	1:50:30	5:40	17	32:34	81	33:37	
□□ 7	3.25	20:19	6:15	17	6:20	98	6:57	22.75	2:10:49	5:45	18	38:54	84	40:21	
□□ 8	3.25	19:52	6:06	14	19:51	84	19:51	26.00	2:30:41	5:47	17	44:17	84	46:28	
□□ 9	3.25	19:55	6:07	14	5:03	70	5:56	29.25	2:50:36	5:49	17	49:20	82	52:24	
□□ 10	3.25	20:13	6:13	13	4:29	73	6:17	32.50	3:10:49	5:52	17	53:23	80	58:31	
□□ 11	3.25	22:05	6:47	16	6:07	86	22:04	35.75	3:32:54	5:57	17	58:35	82	1:06:35	
□□ 12	3.25	21:49	6:42	16	5:30	80	7:59	39.00	3:54:43	6:01	17	1:03:40	81	1:14:22	
□□□ □□	3.25	22:21	6:52	21	6:26	99	9:19	42.25	4:17:04	6:05	17	1:10:06	80	1:23:12	