



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Pischem, Thomas

□□: LG MuLi

□□: 751

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:18:16

□□: 9.82 km/h

□□□□: 6:07 min/km

□□□□□/□□□□: 91 (of 185)

□□□□□/□: 84 (of 161)

□□□□□□: 2:53:52

□□□□□: 19(of 40)

□□□□□□□: 3:16:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:36	5:06	10	3:46	43	4:49	3.25	16:36	5:06	10	3:46	43	4:49	
□□ 2	3.25	16:57	5:12	10	3:30	58	16:56	6.50	33:33	5:09	10	7:16	50	16:18	
□□ 3	3.25	17:18	5:19	11	3:31	57	4:28	9.75	50:51	5:12	10	10:47	53	17:27	
□□ 4	3.25	18:05	5:33	15	3:56	73	5:07	13.00	1:08:56	5:18	10	14:43	57	19:17	
□□ 5	3.25	18:47	5:46	21	4:32	85	5:35	16.25	1:27:43	5:23	11	19:15	58	24:08	
□□ 6	3.25	19:19	5:56	20	4:47	89	6:01	19.50	1:47:02	5:29	12	24:02	66	30:09	
□□ 7	3.25	19:39	6:02	21	4:51	86	6:17	22.75	2:06:41	5:34	14	28:53	68	36:13	
□□ 8	3.25	19:49	6:05	21	4:58	82	19:48	26.00	2:26:30	5:38	14	33:33	70	42:17	
□□ 9	3.25	21:22	6:34	22	5:43	97	7:23	29.25	2:47:52	5:44	16	39:16	73	49:40	
□□ 10	3.25	22:27	6:54	25	6:28	107	8:31	32.50	3:10:19	5:51	18	45:44	77	58:01	
□□ 11	3.25	23:03	7:05	25	6:50	113	23:02	35.75	3:33:22	5:58	19	52:06	84	1:07:03	
□□ 12	3.25	23:07	7:06	22	6:52	97	9:17	39.00	3:56:29	6:03	20	57:47	84	1:16:08	
□□□ □□	3.25	21:47	6:42	21	5:34	89	8:45	42.25	4:18:16	6:06	19	1:02:06	84	1:24:24	