



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Heitz, Mario

□□: Aalen

□□: 662

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:18:53

□□: 9.79 km/h

□□□□: 6:08 min/km

□□□□□/□□□: 92 (of 185)

□□□□□/□: 85 (of 161)

□□□□□□: 2:53:52

□□□□□: 20(of 40)

□□□□□□□: 3:16:10

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:14	6:31	38	8:24	151	9:27	3.25	21:14	6:31	38	8:24	151	9:27	
□□ 2	3.25	20:26	6:17	36	6:59	144	20:25	6.50	41:40	6:24	37	15:23	149	24:25	
□□ 3	3.25	19:39	6:02	28	5:52	123	6:49	9.75	1:01:19	6:17	36	21:15	143	27:55	
□□ 4	3.25	20:07	6:11	28	5:58	122	7:09	13.00	1:21:26	6:15	36	27:13	142	31:47	
□□ 5	3.25	21:40	6:40	36	7:25	151	8:28	16.25	1:43:06	6:20	36	34:38	143	39:31	
□□ 6	3.25	19:46	6:04	25	5:14	102	6:28	19.50	2:02:52	6:18	33	39:52	136	45:59	
□□ 7	3.25	20:13	6:13	24	5:25	97	6:51	22.75	2:23:05	6:17	31	45:17	130	52:37	
□□ 8	3.25	20:18	6:14	22	5:27	88	20:17	26.00	2:43:23	6:17	28	50:26	124	59:10	
□□ 9	3.25	20:09	6:11	16	4:30	76	6:10	29.25	3:03:32	6:16	26	54:56	115	1:05:20	
□□ 10	3.25	19:03	5:51	12	3:04	50	5:07	32.50	3:22:35	6:14	25	58:00	107	1:10:17	
□□ 11	3.25	19:26	5:58	12	3:13	49	19:25	35.75	3:42:01	6:12	24	1:00:45	99	1:15:42	
□□ 12	3.25	19:04	5:51	12	2:49	41	5:14	39.00	4:01:05	6:10	21	1:02:23	91	1:20:44	
□□□ □□	3.25	17:48	5:28	9	1:35	29	4:46	42.25	4:18:53	6:07	20	1:02:43	85	1:25:01	