



# 14. Kristall-Marathon

Merkers / 16.02.2020

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Trambo, Uwe

□□: Peewee

□□: 816

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:25:08

□□: 9.56 km/h

□□□□: 6:17 min/km

□□□□□/□□□: 100 (of 185)

□□□□□/□: 93 (of 161)

□□□□□□: 2:53:52

□□□□□: 15(of 24)

□□□□□□□: 3:10:07

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:59	5:50	19	7:04	111	7:12	3.25	18:59	5:50	19	7:04	111	7:12	
□□ 2	3.25	17:21	5:20	11	4:50	63	17:20	6.50	36:20	5:35	18	11:54	94	19:05	
□□ 3	3.25	18:41	5:44	18	5:47	101	5:51	9.75	55:01	5:38	18	17:41	94	21:37	
□□ 4	3.25	17:47	5:28	11	4:29	59	4:49	13.00	1:12:48	5:35	13	22:10	81	23:09	
□□ 5	3.25	18:33	5:42	13	5:07	78	5:21	16.25	1:31:21	5:37	14	27:17	81	27:46	
□□ 6	3.25	19:15	5:55	15	5:26	85	5:57	19.50	1:50:36	5:40	14	32:43	84	33:43	
□□ 7	3.25	19:40	6:03	15	5:46	87	6:18	22.75	2:10:16	5:43	13	38:29	81	39:48	
□□ 8	3.25	20:18	6:14	15	5:49	88	20:17	26.00	2:30:34	5:47	14	44:18	83	46:21	
□□ 9	3.25	24:20	7:29	21	9:37	142	10:21	29.25	2:54:54	5:58	15	53:51	97	56:42	
□□ 10	3.25	21:07	6:29	15	6:02	82	7:11	32.50	3:16:01	6:01	15	58:01	93	1:03:43	
□□ 11	3.25	22:23	6:53	16	22:22	94	22:22	35.75	3:38:24	6:06	16	1:01:43	91	1:12:05	
□□ 12	3.25	22:10	6:49	16	7:25	83	8:20	39.00	4:00:34	6:10	16	1:05:38	89	1:20:13	
□□□ □□	3.25	24:34	7:33	19	10:15	120	11:32	42.25	4:25:08	6:16	15	1:15:01	93	1:31:16	