



14. Kristall-Marathon

Merkers / 16.02.2020

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Knaack, Tobias

□□: FC St. Pauli Triathlon

□□: 707

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:29:51

□□: 9.34 km/h

□□□□: 6:23 min/km

□□□□□/□□□□: 111 (of 185)

□□□□□/□: 103 (of 161)

□□□□□□: 2:53:52

□□□□□: 20(of 25)

□□□□□□□: 3:06:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:56	5:49	21	6:52	108	7:09	3.25	18:56	5:49	21	6:52	108	7:09	
□□ 2	3.25	18:46	5:46	20	6:03	108	18:45	6.50	37:42	5:48	21	12:55	111	20:27	
□□ 3	3.25	19:30	6:00	20	6:30	118	6:40	9.75	57:12	5:52	21	19:25	111	23:48	
□□ 4	3.25	19:53	6:07	22	6:47	118	6:55	13.00	1:17:05	5:55	21	26:12	114	27:26	
□□ 5	3.25	21:36	6:38	24	8:10	150	8:24	16.25	1:38:41	6:04	21	34:22	122	35:06	
□□ 6	3.25	20:10	6:12	20	6:33	109	6:52	19.50	1:58:51	6:05	21	40:55	119	41:58	
□□ 7	3.25	20:48	6:24	21	6:49	112	7:26	22.75	2:19:39	6:08	21	47:44	117	49:11	
□□ 8	3.25	21:37	6:39	21	21:36	118	21:36	26.00	2:41:16	6:12	21	54:52	116	57:03	
□□ 9	3.25	20:57	6:26	17	6:05	89	6:58	29.25	3:02:13	6:13	21	1:00:57	112	1:04:01	
□□ 10	3.25	21:52	6:43	17	6:08	91	7:56	32.50	3:24:05	6:16	21	1:06:39	111	1:11:47	
□□ 11	3.25	22:31	6:55	18	6:33	95	22:30	35.75	3:46:36	6:20	21	1:12:17	110	1:20:17	
□□ 12	3.25	23:07	7:06	20	6:48	97	9:17	39.00	4:09:43	6:24	20	1:18:40	109	1:29:22	
□□□ □□	3.25	20:08	6:11	12	4:13	60	7:06	42.25	4:29:51	6:23	20	1:22:53	103	1:35:59	