



14. Kristall-Marathon

Merkers / 16.02.2020

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Fromm, Stefan

□□: FC Wacker 1914 Teistungen

□□: 639

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:31:27

□□: 9.28 km/h

□□□□: 6:25 min/km

□□□□□/□□□: 113 (of 185)

□□□□□/□: 105 (of 161)

□□□□□□: 2:53:52

□□□□□: 8(of 12)

□□□□□□□: 3:32:46

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:00	5:13	4	4:13	50	5:13	3.25	17:00	5:13	4	4:13	50	5:13	
□□ 2	3.25	17:24	5:21	6	3:37	66	17:23	6.50	34:24	5:17	6	7:50	61	17:09	
□□ 3	3.25	18:22	5:39	9	4:29	86	5:32	9.75	52:46	5:24	6	12:19	66	19:22	
□□ 4	3.25	19:00	5:50	9	4:55	91	6:02	13.00	1:11:46	5:31	7	17:14	75	22:07	
□□ 5	3.25	19:48	6:05	10	5:16	110	6:36	16.25	1:31:34	5:38	8	22:30	82	27:59	
□□ 6	3.25	19:55	6:07	8	4:41	105	6:37	19.50	1:51:29	5:43	8	27:11	88	34:36	
□□ 7	3.25	20:22	6:15	8	4:23	100	7:00	22.75	2:11:51	5:47	8	31:34	89	41:23	
□□ 8	3.25	21:29	6:36	11	4:41	115	21:28	26.00	2:33:20	5:53	8	36:15	95	49:07	
□□ 9	3.25	23:00	7:04	10	6:06	127	9:01	29.25	2:56:20	6:01	8	41:23	99	58:08	
□□ 10	3.25	22:53	7:02	8	5:30	114	8:57	32.50	3:19:13	6:07	9	45:48	99	1:06:55	
□□ 11	3.25	24:04	7:24	9	6:59	120	24:03	35.75	3:43:17	6:14	10	50:30	102	1:16:58	
□□ 12	3.25	26:25	8:07	9	9:35	139	12:35	39.00	4:09:42	6:24	10	56:16	108	1:29:21	
□□□ □□	3.25	21:45	6:41	6	5:29	86	8:43	42.25	4:31:27	6:25	8	58:41	105	1:37:35	