



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Ziegler, Sven

□□: 100 Marathon Club

□□: 842

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:35:26

□□: 9.20 km/h

□□□□: 6:31 min/km

□□□□□/□□□□: 123 (of 185)

□□□□□/□: 113 (of 161)

□□□□□□: 2:53:52

□□□□□: 17(of 24)

□□□□□□□: 3:10:07

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 20:11 | 6:12 | 22 | 8:16 | 129 | 8:24 | 3.25 | 20:11 | 6:12 | 22 | 8:16 | 129 | 8:24 | |
| □□ 2 | 3.25 | 19:33 | 6:00 | 21 | 7:02 | 127 | 19:32 | 6.50 | 39:44 | 6:06 | 22 | 15:18 | 126 | 22:29 | |
| □□ 3 | 3.25 | 20:51 | 6:24 | 23 | 7:57 | 146 | 8:01 | 9.75 | 1:00:35 | 6:12 | 22 | 23:15 | 137 | 27:11 | |
| □□ 4 | 3.25 | 20:41 | 6:21 | 23 | 7:23 | 142 | 7:43 | 13.00 | 1:21:16 | 6:15 | 23 | 30:38 | 141 | 31:37 | |
| □□ 5 | 3.25 | 21:22 | 6:34 | 22 | 7:56 | 145 | 8:10 | 16.25 | 1:42:38 | 6:18 | 23 | 38:34 | 140 | 39:03 | |
| □□ 6 | 3.25 | 21:32 | 6:37 | 22 | 7:43 | 139 | 8:14 | 19.50 | 2:04:10 | 6:22 | 23 | 46:17 | 142 | 47:17 | |
| □□ 7 | 3.25 | 21:21 | 6:34 | 19 | 7:27 | 126 | 7:59 | 22.75 | 2:25:31 | 6:23 | 22 | 53:44 | 134 | 55:03 | |
| □□ 8 | 3.25 | 21:22 | 6:34 | 16 | 6:53 | 114 | 21:21 | 26.00 | 2:46:53 | 6:25 | 22 | 1:00:37 | 135 | 1:02:40 | |
| □□ 9 | 3.25 | 21:51 | 6:43 | 15 | 7:08 | 111 | 7:52 | 29.25 | 3:08:44 | 6:27 | 21 | 1:07:41 | 133 | 1:10:32 | |
| □□ 10 | 3.25 | 21:37 | 6:39 | 16 | 6:32 | 89 | 7:41 | 32.50 | 3:30:21 | 6:28 | 20 | 1:12:21 | 129 | 1:18:03 | |
| □□ 11 | 3.25 | 22:38 | 6:57 | 17 | 22:37 | 99 | 22:37 | 35.75 | 3:52:59 | 6:31 | 20 | 1:16:18 | 126 | 1:26:40 | |
| □□ 12 | 3.25 | 21:55 | 6:44 | 15 | 7:10 | 82 | 8:05 | 39.00 | 4:14:54 | 6:32 | 20 | 1:19:58 | 121 | 1:34:33 | |
| □□□ □□ | 3.25 | 20:32 | 6:19 | 13 | 6:13 | 67 | 7:30 | 42.25 | 4:35:26 | 6:31 | 17 | 1:25:19 | 113 | 1:41:34 | |