



# 14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

**Wolbrink, Tommy**

□□: Rotterdam

□□: 837

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:37:57

□□: 9.12 km/h

□□□□: 6:35 min/km

□□□□□/□□□: 128 (of 185)

□□□□□/□: 118 (of 161)

□□□□□□: 2:53:52

□□□□□: 22(of 25)

□□□□□□□: 3:06:58

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 17:42    | 5:26         | 16      | 5:38    | 74      | 5:55    | 3.25  | 17:42     | 5:26      | 16            | 5:38    | 74      | 5:55    |         |
| □□ 2   | 3.25     | 16:39    | 5:07         | 13      | 3:56    | 54      | 16:38   | 6.50  | 34:21     | 5:17      | 13            | 9:34    | 59      | 17:06   |         |
| □□ 3   | 3.25     | 17:10    | 5:16         | 12      | 4:10    | 54      | 4:20    | 9.75  | 51:31     | 5:17      | 13            | 13:44   | 58      | 18:07   |         |
| □□ 4   | 3.25     | 17:56    | 5:31         | 13      | 4:50    | 64      | 4:58    | 13.00 | 1:09:27   | 5:20      | 13            | 18:34   | 59      | 19:48   |         |
| □□ 5   | 3.25     | 18:18    | 5:37         | 14      | 4:52    | 71      | 5:06    | 16.25 | 1:27:45   | 5:24      | 13            | 23:26   | 59      | 24:10   |         |
| □□ 6   | 3.25     | 20:02    | 6:09         | 19      | 6:25    | 106     | 6:44    | 19.50 | 1:47:47   | 5:31      | 14            | 29:51   | 69      | 30:54   |         |
| □□ 7   | 3.25     | 20:41    | 6:21         | 20      | 6:42    | 107     | 7:19    | 22.75 | 2:08:28   | 5:38      | 16            | 36:33   | 75      | 38:00   |         |
| □□ 8   | 3.25     | 22:21    | 6:52         | 25      | 22:20   | 130     | 22:20   | 26.00 | 2:30:49   | 5:48      | 18            | 44:25   | 87      | 46:36   |         |
| □□ 9   | 3.25     | 23:25    | 7:12         | 24      | 8:33    | 135     | 9:26    | 29.25 | 2:54:14   | 5:57      | 18            | 52:58   | 94      | 56:02   |         |
| □□ 10  | 3.25     | 26:17    | 8:05         | 25      | 10:33   | 153     | 12:21   | 32.50 | 3:20:31   | 6:10      | 18            | 1:03:05 | 101     | 1:08:13 |         |
| □□ 11  | 3.25     | 29:52    | 9:11         | 25      | 13:54   | 157     | 29:51   | 35.75 | 3:50:23   | 6:26      | 22            | 1:16:04 | 120     | 1:24:04 |         |
| □□ 12  | 3.25     | 24:17    | 7:28         | 23      | 7:58    | 117     | 10:27   | 39.00 | 4:14:40   | 6:31      | 22            | 1:23:37 | 120     | 1:34:19 |         |
| □□□ □□ | 3.25     | 23:17    | 7:09         | 23      | 7:22    | 111     | 10:15   | 42.25 | 4:37:57   | 6:34      | 22            | 1:30:59 | 118     | 1:44:05 |         |