



14. Kristall-Marathon

Merkers / 16.02.2020

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Diedrich, Mike

□□: Espresso mobile Cafebar

□□: 621

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:39:36

□□: 9.01 km/h

□□□□: 6:37 min/km

□□□□□/□□□□: 133 (of 185)

□□□□□/□: 123 (of 161)

□□□□□□: 2:53:52

□□□□□: 29(of 40)

□□□□□□□: 3:16:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:32	6:19	34	7:42	137	8:45	3.25	20:32	6:19	34	7:42	137	8:45
□□ 2	3.25	19:36	6:01	30	6:09	128	19:35	6.50	40:08	6:10	31	13:51	130	22:53
□□ 3	3.25	20:08	6:11	34	6:21	135	7:18	9.75	1:00:16	6:10	33	20:12	135	26:52
□□ 4	3.25	20:31	6:18	34	6:22	139	7:33	13.00	1:20:47	6:12	31	26:34	134	31:08
□□ 5	3.25	20:57	6:26	31	6:42	132	7:45	16.25	1:41:44	6:15	32	33:16	134	38:09
□□ 6	3.25	22:23	6:53	35	7:51	149	9:05	19.50	2:04:07	6:21	35	41:07	141	47:14
□□ 7	3.25	22:16	6:51	34	7:28	139	8:54	22.75	2:26:23	6:26	35	48:35	143	55:55
□□ 8	3.25	22:38	6:57	32	7:47	134	22:37	26.00	2:49:01	6:30	35	56:04	141	1:04:48
□□ 9	3.25	22:45	7:00	30	7:06	121	8:46	29.25	3:11:46	6:33	34	1:03:10	138	1:13:34
□□ 10	3.25	22:22	6:52	24	6:23	105	8:26	32.50	3:34:08	6:35	33	1:09:33	135	1:21:50
□□ 11	3.25	22:33	6:56	21	6:20	97	22:32	35.75	3:56:41	6:37	33	1:15:25	134	1:30:22
□□ 12	3.25	22:25	6:53	19	6:10	87	8:35	39.00	4:19:06	6:38	31	1:20:24	129	1:38:45
□□□ □□	3.25	20:30	6:18	18	4:17	66	7:28	42.25	4:39:36	6:37	29	1:23:26	123	1:45:44