



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Schwarzwald, Hans

□□: THOHAN

□□: 794

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:40:01

□□: 9.05 km/h

□□□□: 6:38 min/km

□□□□□/□□□□: 134 (of 185)

□□□□□/□: 124 (of 161)

□□□□□□: 2:53:52

□□□□□: 23(of 30)

□□□□□□□: 3:39:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:25	6:16	23	6:40	134	8:38	3.25	20:25	6:16	23	6:40	134	8:38	
□□ 2	3.25	19:44	6:04	24	5:40	134	19:43	6.50	40:09	6:10	24	12:20	132	22:54	
□□ 3	3.25	19:49	6:05	22	5:20	127	6:59	9.75	59:58	6:09	22	17:40	127	26:34	
□□ 4	3.25	20:13	6:13	23	5:22	128	7:15	13.00	1:20:11	6:10	22	23:02	127	30:32	
□□ 5	3.25	20:21	6:15	23	4:55	120	7:09	16.25	1:40:32	6:11	22	27:57	128	36:57	
□□ 6	3.25	20:51	6:24	23	4:41	126	7:33	19.50	2:01:23	6:13	22	32:38	124	44:30	
□□ 7	3.25	20:44	6:22	20	4:20	109	7:22	22.75	2:22:07	6:14	22	36:58	123	51:39	
□□ 8	3.25	21:08	6:30	22	4:11	110	21:07	26.00	2:43:15	6:16	22	40:41	123	59:02	
□□ 9	3.25	21:50	6:43	22	4:47	108	7:51	29.25	3:05:05	6:19	22	44:35	122	1:06:53	
□□ 10	3.25	22:38	6:57	22	5:29	109	8:42	32.50	3:27:43	6:23	22	47:44	120	1:15:25	
□□ 11	3.25	23:26	7:12	24	6:00	116	23:25	35.75	3:51:09	6:27	23	50:34	122	1:24:50	
□□ 12	3.25	24:18	7:28	23	7:05	119	10:28	39.00	4:15:27	6:32	23	53:54	124	1:35:06	
□□□ □□	3.25	24:34	7:33	24	7:19	120	11:32	42.25	4:40:01	6:37	23	1:00:53	124	1:46:09	