



# 14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Koch, Oliver

□□: Berlin

□□: 709

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:43:46

□□: 8.88 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 139 (of 185)

□□□□□/□: 127 (of 161)

□□□□□□: 2:53:52

□□□□□: 31(of 40)

□□□□□□□: 3:16:10

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 19:29    | 5:59         | 28      | 6:39    | 115     | 7:42    | 3.25  | 19:29     | 5:59      | 28            | 6:39    | 115     | 7:42    |         |
| □□ 2   | 3.25     | 19:16    | 5:55         | 27      | 5:49    | 122     | 19:15   | 6.50  | 38:45     | 5:57      | 28            | 12:28   | 121     | 21:30   |         |
| □□ 3   | 3.25     | 19:35    | 6:01         | 27      | 5:48    | 122     | 6:45    | 9.75  | 58:20     | 5:58      | 27            | 18:16   | 119     | 24:56   |         |
| □□ 4   | 3.25     | 19:55    | 6:07         | 27      | 5:46    | 120     | 6:57    | 13.00 | 1:18:15   | 6:01      | 27            | 24:02   | 119     | 28:36   |         |
| □□ 5   | 3.25     | 19:41    | 6:03         | 24      | 5:26    | 108     | 6:29    | 16.25 | 1:37:56   | 6:01      | 27            | 29:28   | 118     | 34:21   |         |
| □□ 6   | 3.25     | 20:10    | 6:12         | 27      | 5:38    | 109     | 6:52    | 19.50 | 1:58:06   | 6:03      | 27            | 35:06   | 117     | 41:13   |         |
| □□ 7   | 3.25     | 21:18    | 6:33         | 29      | 6:30    | 124     | 7:56    | 22.75 | 2:19:24   | 6:07      | 26            | 41:36   | 116     | 48:56   |         |
| □□ 8   | 3.25     | 22:13    | 6:50         | 30      | 7:22    | 127     | 22:12   | 26.00 | 2:41:37   | 6:12      | 26            | 48:40   | 117     | 57:24   |         |
| □□ 9   | 3.25     | 23:11    | 7:08         | 33      | 7:32    | 132     | 9:12    | 29.25 | 3:04:48   | 6:19      | 27            | 56:12   | 120     | 1:06:36 |         |
| □□ 10  | 3.25     | 23:47    | 7:19         | 33      | 7:48    | 127     | 9:51    | 32.50 | 3:28:35   | 6:25      | 29            | 1:04:00 | 122     | 1:16:17 |         |
| □□ 11  | 3.25     | 24:42    | 7:35         | 31      | 8:29    | 128     | 24:41   | 35.75 | 3:53:17   | 6:31      | 30            | 1:12:01 | 127     | 1:26:58 |         |
| □□ 12  | 3.25     | 25:26    | 7:49         | 32      | 9:11    | 130     | 11:36   | 39.00 | 4:18:43   | 6:38      | 30            | 1:20:01 | 127     | 1:38:22 |         |
| □□□ □□ | 3.25     | 25:03    | 7:42         | 30      | 8:50    | 126     | 12:01   | 42.25 | 4:43:46   | 6:42      | 31            | 1:27:36 | 127     | 1:49:54 |         |