



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Koch, Oliver

□□: Berlin

□□: 709

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 4:43:46

□□: 8.93 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 139 (of 185)

□□□□□/□: 127 (of 161)

□□□□□□: 2:53:52

□□□□□: 31(of 40)

□□□□□□□: 3:16:10

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 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	