



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Gerlach, Joerg

□□: 100 Marathon Club Deutschland

□□: 643

□□: 42.25 km

Marathon

□□□□:

Senioren M60 (60-64 Jahre)

□□□: 4:58:13

□□: 8.45 km/h

□□□□: 7:04 min/km

□□□□□/□□□□: 164 (of 185)

□□□□□/□: 148 (of 161)

□□□□□□: 2:53:52

□□□□□: 10(of 12)

□□□□□□□: 3:31:08

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 21:16 | 6:32 | 12 | 6:46 | 152 | 9:29 | 3.25 | 21:16 | 6:32 | 12 | 6:46 | 152 | 9:29 | |
| □□ 2 | 3.25 | 19:43 | 6:03 | 10 | 5:03 | 133 | 19:42 | 6.50 | 40:59 | 6:18 | 11 | 11:49 | 142 | 23:44 | |
| □□ 3 | 3.25 | 20:11 | 6:12 | 9 | 5:18 | 136 | 7:21 | 9.75 | 1:01:10 | 6:16 | 10 | 17:07 | 142 | 27:46 | |
| □□ 4 | 3.25 | 21:16 | 6:32 | 11 | 6:23 | 149 | 8:18 | 13.00 | 1:22:26 | 6:20 | 10 | 23:30 | 144 | 32:47 | |
| □□ 5 | 3.25 | 21:20 | 6:33 | 9 | 6:16 | 142 | 8:08 | 16.25 | 1:43:46 | 6:23 | 10 | 29:46 | 145 | 40:11 | |
| □□ 6 | 3.25 | 21:38 | 6:39 | 9 | 6:20 | 142 | 8:20 | 19.50 | 2:05:24 | 6:25 | 11 | 36:06 | 145 | 48:31 | |
| □□ 7 | 3.25 | 24:32 | 7:32 | 11 | 9:01 | 154 | 11:10 | 22.75 | 2:29:56 | 6:35 | 10 | 45:07 | 148 | 59:28 | |
| □□ 8 | 3.25 | 23:16 | 7:09 | 9 | 7:07 | 142 | 23:15 | 26.00 | 2:53:12 | 6:39 | 10 | 52:14 | 149 | 1:08:59 | |
| □□ 9 | 3.25 | 24:24 | 7:30 | 10 | 7:25 | 144 | 10:25 | 29.25 | 3:17:36 | 6:45 | 11 | 59:39 | 151 | 1:19:24 | |
| □□ 10 | 3.25 | 24:54 | 7:39 | 9 | 7:34 | 138 | 10:58 | 32.50 | 3:42:30 | 6:50 | 10 | 1:06:35 | 150 | 1:30:12 | |
| □□ 11 | 3.25 | 26:32 | 8:09 | 10 | 8:51 | 146 | 26:31 | 35.75 | 4:09:02 | 6:57 | 10 | 1:15:03 | 150 | 1:42:43 | |
| □□ 12 | 3.25 | 26:29 | 8:08 | 10 | 8:16 | 140 | 12:39 | 39.00 | 4:35:31 | 7:03 | 10 | 1:23:07 | 148 | 1:55:10 | |
| □□□ □□ | 3.25 | 22:42 | 6:59 | 6 | 6:05 | 104 | 9:40 | 42.25 | 4:58:13 | 7:03 | 10 | 1:27:05 | 148 | 2:04:21 | |