



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

HELMERT, Michael

□□□: 3:30:03

□□: DJK Marienstatt

□□: 12.00 km/h

□□: 60

□□□□: 4:58 min/km

□□: 42.25 km

□□□□□/□□□: 25 (of 143)

Marathon

□□□□□/□: 24 (of 129)

□□□□□□: 2:55:38

□□□□:

□□□□□: 11(of 38)

Männer M45

□□□□□□□: 2:59:52

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 14:41 | 4:31 | 12 | 1:43 | 22 | 2:24 | 3.25 | 14:41 | 4:31 | 31 | - | - | 29 | |
| □□ 2 | 3.25 | 14:58 | 4:36 | 10 | 1:48 | 23 | 2:07 | 6.50 | 29:39 | 4:33 | 31 | - | - | 29 | |
| □□ 3 | 3.25 | 15:15 | 4:41 | 13 | 2:00 | 28 | 2:20 | 9.75 | 44:54 | 4:36 | 31 | - | - | 29 | |
| □□ 4 | 3.25 | 15:11 | 4:40 | 8 | 1:45 | 20 | 2:18 | 13.00 | 1:00:05 | 4:37 | 31 | - | - | 29 | |
| □□ 5 | 3.25 | 15:10 | 4:39 | 7 | 1:35 | 18 | 2:09 | 16.25 | 1:15:15 | 4:37 | 31 | - | - | 29 | |
| □□ 6 | 3.25 | 15:45 | 4:50 | 11 | 2:13 | 27 | 2:52 | 19.50 | 1:31:00 | 4:40 | 31 | - | - | 29 | |
| □□ 7 | 3.25 | 15:39 | 4:48 | 8 | 1:57 | 21 | 2:29 | 22.75 | 1:46:39 | 4:41 | 31 | - | - | 29 | |
| □□ 8 | 3.25 | 16:11 | 4:58 | 8 | 2:24 | 22 | 2:39 | 26.00 | 2:02:50 | 4:43 | 31 | - | - | 25 | 18:36 |
| □□ 9 | 3.25 | 16:36 | 5:06 | 13 | 2:50 | 28 | 2:58 | 29.25 | 2:19:26 | 4:46 | 31 | - | - | 25 | 21:22 |
| □□ 10 | 3.25 | 16:48 | 5:10 | 12 | 2:40 | 22 | 2:45 | 32.50 | 2:36:14 | 4:48 | 31 | - | - | 25 | 24:07 |
| □□ 11 | 3.25 | 17:26 | 5:21 | 14 | 3:16 | 26 | 3:18 | 35.75 | 2:53:40 | 4:51 | 29 | - | - | 24 | 27:25 |
| □□ 12 | 3.25 | 18:01 | 5:32 | 16 | 4:10 | 32 | 4:10 | 39.00 | 3:11:41 | 4:54 | 29 | - | - | 24 | 30:43 |
| □□□ □□ | 3.25 | 18:22 | 5:39 | 20 | 4:47 | 38 | 4:47 | 42.25 | 3:30:03 | 4:58 | 12 | 30:11 | - | 29 | 1:00:20 |