



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

BRAUCKMANN, Klaus

□□□: 3:41:53

□□: Hövelhof

□□: 11.36 km/h

□□: 87

□□□□: 5:15 min/km

□□: 42.25 km

□□□□□/□□□: 40 (of 143)

Marathon

□□□□□/□: 39 (of 129)

□□□□□□: 2:55:38

□□□□:

□□□□□: 18(of 38)

Männer M45

□□□□□□□: 2:59:52

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:38 | 5:07 | 21 | 3:40 | 60 | 4:21 | 3.25 | 16:38 | 5:07 | 11 | - | 45 | 0:08 |
| □□ 2 | 3.25 | 16:21 | 5:01 | 19 | 3:11 | 48 | 3:30 | 6.50 | 32:59 | 5:04 | 11 | - | 45 | |
| □□ 3 | 3.25 | 16:23 | 5:02 | 18 | 3:08 | 43 | 3:28 | 9.75 | 49:22 | 5:03 | 11 | - | 45 | |
| □□ 4 | 3.25 | 16:32 | 5:05 | 19 | 3:06 | 45 | 3:39 | 13.00 | 1:05:54 | 5:04 | 11 | - | 45 | |
| □□ 5 | 3.25 | 16:47 | 5:09 | 19 | 3:12 | 48 | 3:46 | 16.25 | 1:22:41 | 5:05 | 11 | - | 45 | |
| □□ 6 | 3.25 | 16:41 | 5:08 | 17 | 3:09 | 40 | 3:48 | 19.50 | 1:39:22 | 5:05 | 11 | - | 45 | |
| □□ 7 | 3.25 | 16:47 | 5:09 | 17 | 3:05 | 42 | 3:37 | 22.75 | 1:56:09 | 5:06 | 11 | - | 45 | |
| □□ 8 | 3.25 | 16:56 | 5:12 | 16 | 3:09 | 35 | 3:24 | 26.00 | 2:13:05 | 5:07 | 11 | - | 41 | 28:51 |
| □□ 9 | 3.25 | 17:19 | 5:19 | 17 | 3:33 | 38 | 3:41 | 29.25 | 2:30:24 | 5:08 | 11 | - | 41 | 32:20 |
| □□ 10 | 3.25 | 16:55 | 5:12 | 14 | 2:47 | 24 | 2:52 | 32.50 | 2:47:19 | 5:08 | 11 | - | 40 | 35:12 |
| □□ 11 | 3.25 | 17:51 | 5:29 | 16 | 3:41 | 30 | 3:43 | 35.75 | 3:05:10 | 5:10 | 36 | - | 39 | 38:55 |
| □□ 12 | 3.25 | 18:25 | 5:40 | 18 | 4:34 | 35 | 4:34 | 39.00 | 3:23:35 | 5:13 | 36 | - | 39 | 42:37 |
| □□□ □□ | 3.25 | 18:18 | 5:37 | 18 | 4:43 | 36 | 4:43 | 42.25 | 3:41:53 | 5:15 | 20 | 42:01 | 45 | 1:12:10 |