



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

BAUHS, Henrik

□□: ich-liebe-ruegen

□□: 66

□□: 42.25 km

Marathon

□□□□:

Männer M45

□□□: 4:15:27

□□: 9.86 km/h

□□□□: 6:03 min/km

□□□□□/□□□: 84 (of 143)

□□□□□/□: 78 (of 129)

□□□□□□: 2:55:38

□□□□□: 29(of 38)

□□□□□□□: 2:59:52

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:22	5:02	20	3:24	56	4:05	3.25	16:22	5:02	12	-	83	
□□ 2	3.25	17:09	5:16	23	3:59	62	4:18	6.50	33:31	5:09	12	-	83	
□□ 3	3.25	17:30	5:23	26	4:15	70	4:35	9.75	51:01	5:13	12	-	83	
□□ 4	3.25	18:00	5:32	26	4:34	74	5:07	13.00	1:09:01	5:18	12	-	83	
□□ 5	3.25	18:20	5:38	27	4:45	78	5:19	16.25	1:27:21	5:22	12	-	83	
□□ 6	3.25	18:23	5:39	28	4:51	76	5:30	19.50	1:45:44	5:25	12	-	83	
□□ 7	3.25	19:34	6:01	30	5:52	84	6:24	22.75	2:05:18	5:30	12	-	83	
□□ 8	3.25	20:12	6:12	33	6:25	91	6:40	26.00	2:25:30	5:35	12	-	79	41:16
□□ 9	3.25	20:59	6:27	35	7:13	96	7:21	29.25	2:46:29	5:41	12	-	79	48:25
□□ 10	3.25	21:19	6:33	34	7:11	93	7:16	32.50	3:07:48	5:46	12	-	78	55:41
□□ 11	3.25	22:00	6:46	32	7:50	84	7:52	35.75	3:29:48	5:52	11	2:06	77	1:03:33
□□ 12	3.25	22:21	6:52	32	8:30	88	8:30	39.00	3:52:09	5:57	11	4:31	77	1:11:11
□□□ □□	3.25	23:18	7:10	33	9:43	99	9:43	42.25	4:15:27	6:02	31	1:15:35	84	1:45:44