



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

HOFMANN, Friedhelm

□□□: 4:17:23

□□: DLR Simmern

□□: 9.79 km/h

□□: 61

□□□□: 6:05 min/km

□□: 42.25 km

□□□□□/□□□: 88 (of 143)

Marathon

□□□□□/□: 82 (of 129)

□□□□□□: 2:55:38

□□□□:

□□□□□: 31(of 38)

Männer M45

□□□□□□□: 2:59:52

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:10	5:53	33	6:12	106	6:53	3.25	19:10	5:53	9	0:36	70	2:40	
□□ 2	3.25	19:38	6:02	35	6:28	112	6:47	6.50	38:48	5:58	14	2:06	86	4:49	
□□ 3	3.25	19:17	5:56	35	6:02	107	6:22	9.75	58:05	5:57	14	3:11	86	6:01	
□□ 4	3.25	19:21	5:57	33	5:55	97	6:28	13.00	1:17:26	5:57	14	4:02	86	6:55	
□□ 5	3.25	19:40	6:03	35	6:05	106	6:39	16.25	1:37:06	5:58	14	5:22	86	8:01	
□□ 6	3.25	19:45	6:04	33	6:13	101	6:52	19.50	1:56:51	5:59	14	6:39	86	8:39	
□□ 7	3.25	19:38	6:02	31	5:56	86	6:28	22.75	2:16:29	5:59	14	6:27	86	7:54	
□□ 8	3.25	19:29	5:59	30	5:42	77	5:57	26.00	2:35:58	5:59	14	7:09	82	51:44	
□□ 9	3.25	19:49	6:05	30	6:03	75	6:11	29.25	2:55:47	6:00	14	7:13	82	57:43	
□□ 10	3.25	20:18	6:14	30	6:10	77	6:15	32.50	3:16:05	6:01	14	7:35	81	1:03:58	
□□ 11	3.25	20:00	6:09	24	5:50	60	5:52	35.75	3:36:05	6:02	13	8:23	80	1:09:50	
□□ 12	3.25	21:03	6:28	27	7:12	69	7:12	39.00	3:57:08	6:04	13	9:30	80	1:16:10	
□□□ □□	3.25	20:15	6:13	27	6:40	63	6:40	42.25	4:17:23	6:05	33	1:17:31	88	1:47:40	