



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

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FÜRST, Karl

□□: Laufwerk Mosbach

□□: 40

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 4:22:34

□□: 9.60 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 96 (of 143)

□□□□□/□: 90 (of 129)

□□□□□□: 2:55:38

□□□□□: 15(of 23)

□□□□□□□: 3:12:05

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 19:13    | 5:54         | 21      | 5:39    | 110     | 6:56    | 3.25  | 19:13     | 5:54      | 8             | 1:10    | 90      | 2:43    |         |
| □□ 2   | 3.25     | 18:26    | 5:40         | 17      | 4:45    | 90      | 5:35    | 6.50  | 37:39     | 5:47      | 8             | 1:48    | 91      | 3:40    |         |
| □□ 3   | 3.25     | 18:17    | 5:37         | 16      | 4:15    | 86      | 5:22    | 9.75  | 55:56     | 5:44      | 8             | 2:51    | 94      | 3:52    |         |
| □□ 4   | 3.25     | 20:01    | 6:09         | 19      | 5:58    | 108     | 7:08    | 13.00 | 1:15:57   | 5:50      | 8             | 5:50    | 90      | 5:26    |         |
| □□ 5   | 3.25     | 18:26    | 5:40         | 15      | 4:14    | 82      | 5:25    | 16.25 | 1:34:23   | 5:48      | 8             | 7:14    | 90      | 5:18    |         |
| □□ 6   | 3.25     | 18:52    | 5:48         | 18      | 4:25    | 93      | 5:59    | 19.50 | 1:53:15   | 5:48      | 8             | 9:11    | 92      | 5:03    |         |
| □□ 7   | 3.25     | 19:51    | 6:06         | 17      | 5:18    | 92      | 6:41    | 22.75 | 2:13:06   | 5:51      | 8             | 12:14   | 91      | 4:31    |         |
| □□ 8   | 3.25     | 19:41    | 6:03         | 13      | 5:02    | 82      | 6:09    | 26.00 | 2:32:47   | 5:52      | 8             | 20:42   | 87      | 48:33   |         |
| □□ 9   | 3.25     | 20:18    | 6:14         | 13      | 5:27    | 80      | 6:40    | 29.25 | 2:53:05   | 5:55      | 8             | 21:43   | 87      | 55:01   |         |
| □□ 10  | 3.25     | 20:36    | 6:20         | 14      | 5:22    | 82      | 6:33    | 32.50 | 3:13:41   | 5:57      | 8             | 22:25   | 86      | 1:01:34 |         |
| □□ 11  | 3.25     | 24:38    | 7:34         | 15      | 9:02    | 102     | 10:30   | 35.75 | 3:38:19   | 6:06      | 8             | 23:39   | 87      | 1:12:04 |         |
| □□ 12  | 3.25     | 21:30    | 6:36         | 16      | 5:23    | 78      | 7:39    | 39.00 | 3:59:49   | 6:08      | 8             | 23:55   | 87      | 1:18:51 |         |
| □□□ □□ | 3.25     | 22:45    | 7:00         | 19      | 6:42    | 95      | 9:10    | 42.25 | 4:22:34   | 6:12      | 15            | 1:50:54 | 93      | 1:52:51 |         |