



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

KOCH, Klaus

□□: Go for Rintheim

□□: 35

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 4:25:10

□□: 9.50 km/h

□□□□: 6:17 min/km

□□□□□/□□□: 102 (of 143)

□□□□□/□: 96 (of 129)

□□□□□□: 2:55:38

□□□□□: 18(of 23)

□□□□□□□: 3:12:05

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:26	5:58	22	5:52	115	7:09	3.25	19:26	5:58	5	1:23	100	2:56	
□□ 2	3.25	19:22	5:57	21	5:41	110	6:31	6.50	38:48	5:58	5	2:57	86	4:49	
□□ 3	3.25	18:43	5:45	20	4:41	98	5:48	9.75	57:31	5:53	5	4:26	100	5:27	
□□ 4	3.25	20:17	6:14	20	6:14	111	7:24	13.00	1:17:48	5:59	5	7:41	100	7:17	
□□ 5	3.25	19:29	5:59	20	5:17	103	6:28	16.25	1:37:17	5:59	5	10:08	100	8:12	
□□ 6	3.25	20:56	6:26	20	6:29	113	8:03	19.50	1:58:13	6:03	5	14:09	100	10:01	
□□ 7	3.25	20:46	6:23	20	6:13	111	7:36	22.75	2:18:59	6:06	5	18:07	100	10:24	
□□ 8	3.25	21:13	6:31	18	6:34	104	7:41	26.00	2:40:12	6:09	5	28:07	29	55:58	
□□ 9	3.25	20:39	6:21	15	5:48	89	7:01	29.25	3:00:51	6:10	5	29:29	96	1:02:47	
□□ 10	3.25	21:16	6:32	16	6:02	92	7:13	32.50	3:22:07	6:13	5	30:51	95	1:10:00	
□□ 11	3.25	21:23	6:34	12	5:47	77	7:15	35.75	3:43:30	6:15	5	28:50	94	1:17:15	
□□ 12	3.25	20:33	6:19	12	4:26	62	6:42	39.00	4:04:03	6:15	5	28:09	94	1:23:05	
□□□ □□	3.25	21:07	6:29	13	5:04	74	7:32	42.25	4:25:10	6:16	20	1:53:30	102	1:55:27	