



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

GERLACH, Jörg

□□: 100 Marathon Club

□□: 94

□□: 42.25 km

Marathon

□□□□:

Männer M50

□□□: 4:35:30

□□: 9.15 km/h

□□□□: 6:31 min/km

□□□□□/□□□□: 112 (of 143)

□□□□□/□: 104 (of 129)

□□□□□□: 2:55:38

□□□□□: 18(of 20)

□□□□□□□: 3:09:03

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:25	5:58	18	6:11	114	7:08	3.25	19:25	5:58	5	3:09	109	2:55	
□□ 2	3.25	20:22	6:15	19	6:31	119	7:31	6.50	39:47	6:07	5	6:33	109	5:48	
□□ 3	3.25	19:42	6:03	17	5:35	110	6:47	9.75	59:29	6:06	5	8:54	109	7:25	
□□ 4	3.25	20:18	6:14	18	6:03	112	7:25	13.00	1:19:47	6:08	5	11:46	109	9:16	
□□ 5	3.25	20:20	6:15	19	5:58	116	7:19	16.25	1:40:07	6:09	5	14:24	109	11:02	
□□ 6	3.25	19:56	6:08	17	5:25	103	7:03	19.50	2:00:03	6:09	5	16:05	109	11:51	
□□ 7	3.25	20:09	6:11	16	5:28	101	6:59	22.75	2:20:12	6:09	5	16:51	109	11:37	
□□ 8	3.25	20:34	6:19	16	5:43	95	7:02	26.00	2:40:46	6:11	5	18:10	105	56:32	
□□ 9	3.25	21:16	6:32	17	6:19	98	7:38	29.25	3:02:02	6:13	5	20:00	105	1:03:58	
□□ 10	3.25	22:10	6:49	17	7:10	98	8:07	32.50	3:24:12	6:16	5	22:08	104	1:12:05	
□□ 11	3.25	23:19	7:10	16	8:11	93	9:11	35.75	3:47:31	6:21	5	25:19	103	1:21:16	
□□ 12	3.25	24:31	7:32	18	9:20	104	10:40	39.00	4:12:02	6:27	5	29:38	103	1:31:04	
□□□ □□	3.25	23:28	7:13	16	8:33	100	9:53	42.25	4:35:30	6:31	18	1:26:27	110	2:05:47	