



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

WILD, Matthias

□□□: 4:38:07

□□: Go for Rintheim

□□: 9.06 km/h

□□: 65

□□□□: 6:35 min/km

□□: 42.25 km

□□□□□/□□□□: 114 (of 143)

Marathon

□□□□□/□: 106 (of 129)

□□□□□□: 2:55:38

□□□□:

□□□□□: 34(of 38)

Männer M45

□□□□□□□: 2:59:52

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:33	6:00	37	6:35	118	7:16	3.25	19:33	6:00	17	0:59	111	3:03	
□□ 2	3.25	20:35	6:19	37	7:25	122	7:44	6.50	40:08	6:10	17	3:26	111	6:09	
□□ 3	3.25	19:54	6:07	37	6:39	114	6:59	9.75	1:00:02	6:09	17	5:08	111	7:58	
□□ 4	3.25	20:46	6:23	36	7:20	115	7:53	13.00	1:20:48	6:12	17	7:24	111	10:17	
□□ 5	3.25	20:40	6:21	37	7:05	118	7:39	16.25	1:41:28	6:14	17	9:44	111	12:23	
□□ 6	3.25	21:50	6:43	38	8:18	121	8:57	19.50	2:03:18	6:19	17	13:06	111	15:06	
□□ 7	3.25	23:08	7:07	38	9:26	120	9:58	22.75	2:26:26	6:26	17	16:24	111	17:51	
□□ 8	3.25	20:37	6:20	35	6:50	96	7:05	26.00	2:47:03	6:25	17	18:14	107	1:02:49	
□□ 9	3.25	20:51	6:24	33	7:05	93	7:13	29.25	3:07:54	6:25	17	19:20	107	1:09:50	
□□ 10	3.25	20:50	6:24	32	6:42	86	6:47	32.50	3:28:44	6:25	17	20:14	106	1:16:37	
□□ 11	3.25	21:44	6:41	31	7:34	82	7:36	35.75	3:50:28	6:26	16	22:46	105	1:24:13	
□□ 12	3.25	23:59	7:22	34	10:08	100	10:08	39.00	4:14:27	6:31	16	26:49	105	1:33:29	
□□□ □□	3.25	23:40	7:16	35	10:05	103	10:05	42.25	4:38:07	6:34	36	1:38:15	112	2:08:24	