



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

FELDHAUS, Thomas

□□□: 4:41:57

□□: TriSpeed Herscheid

□□: 8.94 km/h

□□: 81

□□□□: 6:40 min/km

□□: 42.25 km

□□□□□/□□□: 118 (of 143)

Marathon

□□□□□/□: 110 (of 129)

□□□□□□: 2:55:38

□□□□:

□□□□□: 35(of 38)

Männer M45

□□□□□□□: 2:59:52

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:43 | 5:27 | 27 | 4:45 | 85 | 5:26 | 3.25 | 17:43 | 5:27 | 8 | - | 69 | 1:13 |
| □□ 2 | 3.25 | 18:28 | 5:40 | 32 | 5:18 | 92 | 5:37 | 6.50 | 36:11 | 5:33 | 18 | - | 116 | 2:12 |
| □□ 3 | 3.25 | 18:45 | 5:46 | 33 | 5:30 | 100 | 5:50 | 9.75 | 54:56 | 5:38 | 7 | 0:02 | 67 | 2:52 |
| □□ 4 | 3.25 | 18:30 | 5:41 | 30 | 5:04 | 87 | 5:37 | 13.00 | 1:13:26 | 5:38 | 18 | 0:02 | 116 | 2:55 |
| □□ 5 | 3.25 | 18:38 | 5:44 | 31 | 5:03 | 93 | 5:37 | 16.25 | 1:32:04 | 5:39 | 18 | 0:20 | 116 | 2:59 |
| □□ 6 | 3.25 | 20:27 | 6:17 | 36 | 6:55 | 111 | 7:34 | 19.50 | 1:52:31 | 5:46 | 18 | 2:19 | 116 | 4:19 |
| □□ 7 | 3.25 | 21:12 | 6:31 | 36 | 7:30 | 113 | 8:02 | 22.75 | 2:13:43 | 5:52 | 18 | 3:41 | 116 | 5:08 |
| □□ 8 | 3.25 | 22:27 | 6:54 | 37 | 8:40 | 111 | 8:55 | 26.00 | 2:36:10 | 6:00 | 18 | 7:21 | 112 | 51:56 |
| □□ 9 | 3.25 | 22:55 | 7:03 | 37 | 9:09 | 110 | 9:17 | 29.25 | 2:59:05 | 6:07 | 18 | 10:31 | 112 | 1:01:01 |
| □□ 10 | 3.25 | 23:35 | 7:15 | 36 | 9:27 | 107 | 9:32 | 32.50 | 3:22:40 | 6:14 | 18 | 14:10 | 111 | 1:10:33 |
| □□ 11 | 3.25 | 24:38 | 7:34 | 35 | 10:28 | 102 | 10:30 | 35.75 | 3:47:18 | 6:21 | 17 | 19:36 | 110 | 1:21:03 |
| □□ 12 | 3.25 | 25:58 | 7:59 | 36 | 12:07 | 115 | 12:07 | 39.00 | 4:13:16 | 6:29 | 17 | 25:38 | 110 | 1:32:18 |
| □□□ □□ | 3.25 | 28:41 | 8:49 | 37 | 15:06 | 124 | 15:06 | 42.25 | 4:41:57 | 6:40 | 37 | 1:42:05 | 116 | 2:12:14 |