



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Anders, Lars

00: Niederschindmaas

00: 3

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 3:31:32

00: 11.98 km/h

0000: 5:01 min/km

00000/0000: 18 (of 114)

00000/0: 17 (of 100)

000000: 2:50:01

00000: 2(of 5)

0000000: 3:19:40

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	15:30	4:46	2	1:21	28	3:30	3.25	15:30	4:46	2	1:21	59	
00 2	3.25	15:36	4:47	3	0:39	25	2:54	6.50	31:06	4:47	2	2:00	59	
00 3	3.25	15:56	4:54	2	0:42	23	3:17	9.75	47:02	4:49	2	2:42	59	
00 4	3.25	15:48	4:51	2	0:53	18	3:11	13.00	1:02:50	4:50	2	3:35	59	
00 5	3.25	16:02	4:56	2	1:35	20	3:21	16.25	1:18:52	4:51	2	5:10	59	
00 6	3.25	16:01	4:55	2	1:28	19	3:06	19.50	1:34:53	4:51	2	6:38	60	
00 7	3.25	16:05	4:56	2	0:42	20	3:04	22.75	1:50:58	4:52	2	7:20	60	
00 8	3.25	16:15	5:00	2	0:19	18	3:00	26.00	2:07:13	4:53	2	7:39	60	
00 9	3.25	16:22	5:02	3	0:41	19	2:58	29.25	2:23:35	4:54	2	8:20	60	
00 10	3.25	16:37	5:06	3	0:33	19	3:04	32.50	2:40:12	4:55	2	8:53	60	
00 11	3.25	17:06	5:15	3	1:06	17	3:34	35.75	2:57:18	4:57	2	9:59	60	
00 12	3.25	17:37	5:25	2	1:21	20	3:40	39.00	3:14:55	4:59	2	11:20	60	
000 00	3.25	16:37	5:06	2	0:32	16	2:52	42.25	3:31:32	5:00	2	11:52	17	41:31