



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Mes, Philip

000: 3:32:34

00: PHILIP MES - PERSONAL TRAINING

00: 11.86 km/h

00: 86

0000: 5:02 min/km

00: 42.25 km

00000/000: 19 (of 114)

Marathon

00000/0: 18 (of 100)

000000: 2:50:01

0000:

00000: 4(of 11)

Senioren M35 (35-39 Jahre)

0000000: 2:50:01

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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	13:19	4:05	2	1:19	3	1:19	3.25	13:19	4:05	4	1:19	58	
00 2	3.25	13:54	4:16	3	1:12	5	1:12	6.50	27:13	4:11	4	2:31	58	
00 3	3.25	13:51	4:15	3	1:12	5	1:12	9.75	41:04	4:12	4	3:43	58	
00 4	3.25	14:29	4:27	3	1:52	6	1:52	13.00	55:33	4:16	4	5:35	58	
00 5	3.25	14:09	4:21	3	1:28	5	1:28	16.25	1:09:42	4:17	4	7:03	58	
00 6	3.25	14:47	4:32	4	1:52	11	1:52	19.50	1:24:29	4:19	4	8:55	59	
00 7	3.25	14:28	4:27	3	1:27	6	1:27	22.75	1:38:57	4:20	4	10:22	59	
00 8	3.25	16:44	5:08	4	3:29	21	3:29	26.00	1:55:41	4:26	4	13:51	59	
00 9	3.25	17:53	5:30	5	4:29	39	4:29	29.25	2:13:34	4:33	4	18:20	59	
00 10	3.25	18:50	5:47	4	5:17	41	5:17	32.50	2:32:24	4:41	4	23:37	59	
00 11	3.25	19:48	6:05	4	6:16	43	6:16	35.75	2:52:12	4:49	4	29:53	59	
00 12	3.25	20:21	6:15	4	6:24	46	6:24	39.00	3:12:33	4:56	4	36:17	59	
000 00	3.25	20:01	6:09	5	6:16	47	6:16	42.25	3:32:34	5:01	4	42:33	18	42:33