



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Hölzel, Holger

00: TriCologne

00: 55

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:35:25

00: 11.70 km/h

0000: 5:06 min/km

00000/0000: 20 (of 114)

00000/0: 19 (of 100)

000000: 2:50:01

00000: 7(of 25)

0000000: 3:06:08

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	15:00	4:36	10	1:46	23	3:00	3.25	15:00	4:36	20	-	57	
00 2	3.25	16:09	4:58	9	2:22	29	3:27	6.50	31:09	4:47	20	-	57	
00 3	3.25	16:30	5:04	13	2:53	39	3:51	9.75	47:39	4:53	20	-	57	
00 4	3.25	16:23	5:02	9	2:51	33	3:46	13.00	1:04:02	4:55	20	-	57	
00 5	3.25	16:21	5:01	8	2:59	27	3:40	16.25	1:20:23	4:56	20	-	57	
00 6	3.25	16:24	5:02	9	2:58	23	3:29	19.50	1:36:47	4:57	20	-	58	
00 7	3.25	16:04	4:56	7	2:34	19	3:03	22.75	1:52:51	4:57	20	-	58	
00 8	3.25	17:34	5:24	11	3:12	36	4:19	26.00	2:10:25	5:00	20	-	58	
00 9	3.25	16:31	5:04	8	1:43	21	3:07	29.25	2:26:56	5:01	20	-	58	
00 10	3.25	16:35	5:06	8	1:37	18	3:02	32.50	2:43:31	5:01	20	-	58	
00 11	3.25	17:21	5:20	8	2:32	19	3:49	35.75	3:00:52	5:03	20	-	58	
00 12	3.25	17:09	5:16	6	1:57	13	3:12	39.00	3:18:01	5:04	20	-	58	
000 00	3.25	17:24	5:21	8	2:49	21	3:39	42.25	3:35:25	5:05	7	29:17	19	45:24