



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

□□□□

Rotte, Uwe

□□: MTV Aurich

□□: 114

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:52:17

□□: 10.85 km/h

□□□□: 5:30 min/km

□□□□□/□□□: 44 (of 114)

□□□□□/□: 38 (of 100)

□□□□□□: 2:50:01

□□□□□: 7(of 19)

□□□□□□□: 3:07:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:09	5:35	14	4:36	79	6:09	3.25	18:09	5:35	14	-	-	88	0:02
□□ 2	3.25	16:56	5:12	9	3:05	49	4:14	6.50	35:05	5:23	14	-	-	88	
□□ 3	3.25	17:15	5:18	8	3:28	54	4:36	9.75	52:20	5:22	14	-	-	88	
□□ 4	3.25	17:25	5:21	9	3:26	54	4:48	13.00	1:09:45	5:21	14	-	-	88	
□□ 5	3.25	17:29	5:22	8	3:09	48	4:48	16.25	1:27:14	5:22	14	-	-	88	
□□ 6	3.25	18:38	5:44	11	4:07	65	5:43	19.50	1:45:52	5:25	14	-	-	76	
□□ 7	3.25	18:18	5:37	9	3:43	51	5:17	22.75	2:04:10	5:27	14	-	-	76	
□□ 8	3.25	17:51	5:29	7	3:12	38	4:36	26.00	2:22:01	5:27	14	-	-	76	
□□ 9	3.25	17:06	5:15	3	2:12	25	3:42	29.25	2:39:07	5:26	14	-	-	76	
□□ 10	3.25	17:49	5:28	2	3:02	25	4:16	32.50	2:56:56	5:26	14	-	-	76	
□□ 11	3.25	18:23	5:39	5	3:27	28	4:51	35.75	3:15:19	5:27	14	-	-	76	
□□ 12	3.25	18:44	5:45	6	3:37	28	4:47	39.00	3:34:03	5:29	14	-	-	76	
□□□ □□	3.25	18:14	5:36	6	3:25	28	4:29	42.25	3:52:17	5:29	7	44:29	38	1:02:16	