



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

□□□□

Schwertfeger, Carsten

□□: schwertfeger hits the road

□□: 124

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:52:36

□□: 10.83 km/h

□□□□: 5:31 min/km

□□□□□/□□□: 45 (of 114)

□□□□□/□: 39 (of 100)

□□□□□□: 2:50:01

□□□□□: 7(of 14)

□□□□□□□: 3:04:16

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:10 | 5:16 | 10 | 3:00 | 66 | 5:10 | 3.25 | 17:10 | 5:16 | 7 | 3:00 | 87 | | |
| □□ 2 | 3.25 | 17:00 | 5:13 | 8 | 3:01 | 50 | 4:18 | 6.50 | 34:10 | 5:15 | 7 | 5:55 | 87 | | |
| □□ 3 | 3.25 | 17:04 | 5:15 | 8 | 3:11 | 49 | 4:25 | 9.75 | 51:14 | 5:15 | 7 | 9:06 | 87 | | |
| □□ 4 | 3.25 | 17:07 | 5:15 | 7 | 3:03 | 47 | 4:30 | 13.00 | 1:08:21 | 5:15 | 7 | 12:09 | 87 | | |
| □□ 5 | 3.25 | 16:57 | 5:12 | 6 | 3:24 | 37 | 4:16 | 16.25 | 1:25:18 | 5:14 | 7 | 15:33 | 87 | | |
| □□ 6 | 3.25 | 17:04 | 5:15 | 6 | 3:24 | 36 | 4:09 | 19.50 | 1:42:22 | 5:14 | 7 | 18:57 | 87 | | |
| □□ 7 | 3.25 | 17:09 | 5:16 | 5 | 3:13 | 31 | 4:08 | 22.75 | 1:59:31 | 5:15 | 7 | 22:10 | 87 | | |
| □□ 8 | 3.25 | 17:52 | 5:29 | 8 | 4:05 | 39 | 4:37 | 26.00 | 2:17:23 | 5:17 | 7 | 26:15 | 12 | | |
| □□ 9 | 3.25 | 17:46 | 5:28 | 6 | 3:42 | 36 | 4:22 | 29.25 | 2:35:09 | 5:18 | 7 | 29:57 | 87 | | |
| □□ 10 | 3.25 | 18:21 | 5:38 | 7 | 3:44 | 35 | 4:48 | 32.50 | 2:53:30 | 5:20 | 7 | 33:41 | 87 | | |
| □□ 11 | 3.25 | 19:32 | 6:00 | 8 | 5:26 | 41 | 6:00 | 35.75 | 3:13:02 | 5:23 | 7 | 39:07 | 87 | | |
| □□ 12 | 3.25 | 20:18 | 6:14 | 8 | 5:12 | 45 | 6:21 | 39.00 | 3:33:20 | 5:28 | 7 | 44:19 | 87 | | |
| □□□ □□ | 3.25 | 19:16 | 5:55 | 7 | 4:27 | 39 | 5:31 | 42.25 | 3:52:36 | 5:30 | 7 | 48:20 | 39 | 1:02:35 | |