



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

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## 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

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□□□	□□ 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	