



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

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Kirsfelds, Lars

□□: Promillejäger

□□: 66

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:56:27

□□: 10.66 km/h

□□□□: 5:36 min/km

□□□□□/□□□: 51 (of 114)

□□□□□/□: 44 (of 100)

□□□□□□: 2:50:01

□□□□□: 15(of 25)

□□□□□□□: 3:06:08

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	17:02	5:14	19	3:48	60	5:02	3.25	17:02	5:14	11	-	-	81
□□ 2	3.25	16:38	5:07	13	2:51	41	3:56	6.50	33:40	5:10	11	-	-	81
□□ 3	3.25	16:20	5:01	10	2:43	33	3:41	9.75	50:00	5:07	11	-	-	81
□□ 4	3.25	16:20	5:01	8	2:48	31	3:43	13.00	1:06:20	5:06	11	-	-	81
□□ 5	3.25	17:30	5:23	17	4:08	50	4:49	16.25	1:23:50	5:09	11	-	-	81
□□ 6	3.25	17:46	5:28	17	4:20	49	4:51	19.50	1:41:36	5:12	11	-	-	81
□□ 7	3.25	18:18	5:37	16	4:48	51	5:17	22.75	1:59:54	5:16	11	-	-	81
□□ 8	3.25	18:32	5:42	15	4:10	49	5:17	26.00	2:18:26	5:19	11	-	-	81
□□ 9	3.25	18:57	5:49	17	4:09	50	5:33	29.25	2:37:23	5:22	11	-	-	81
□□ 10	3.25	19:45	6:04	17	4:47	51	6:12	32.50	2:57:08	5:27	11	0:13	-	81
□□ 11	3.25	20:12	6:12	16	5:23	49	6:40	35.75	3:17:20	5:31	11	2:02	-	81
□□ 12	3.25	19:52	6:06	15	4:40	41	5:55	39.00	3:37:12	5:34	11	3:10	-	81
□□□ □□	3.25	19:15	5:55	14	4:40	37	5:30	42.25	3:56:27	5:35	15	50:19	44	1:06:26