



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Hench, Michael

00: Das Erlebnislauf-Team

00: 48

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 3:58:46

00: 10.55 km/h

0000: 5:39 min/km

00000/0000: 57 (of 114)

00000/0: 50 (of 100)

000000: 2:50:01

00000: 3(of 10)

0000000: 3:17:19

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	17:15	5:18	8	2:55	68	5:15	3.25	17:15	5:18	4	0:25	25	
00 2	3.25	17:33	5:24	5	3:10	62	4:51	6.50	34:48	5:21	4	0:54	25	
00 3	3.25	17:38	5:25	5	2:47	64	4:59	9.75	52:26	5:22	4	0:56	25	
00 4	3.25	17:59	5:31	4	2:52	65	5:22	13.00	1:10:25	5:25	4	0:13	25	
00 5	3.25	18:12	5:35	4	3:16	66	5:31	16.25	1:28:37	5:27	4	0:01	25	
00 6	3.25	18:33	5:42	4	3:27	64	5:38	19.50	1:47:10	5:29	3	18:27	18	
00 7	3.25	18:32	5:42	4	3:29	58	5:31	22.75	2:05:42	5:31	3	21:56	25	
00 8	3.25	18:43	5:45	3	3:26	53	5:28	26.00	2:24:25	5:33	3	25:22	25	
00 9	3.25	18:39	5:44	3	3:33	46	5:15	29.25	2:43:04	5:34	3	28:55	25	
00 10	3.25	18:56	5:49	3	3:31	42	5:23	32.50	3:02:00	5:35	3	32:26	25	
00 11	3.25	18:58	5:50	3	3:16	37	5:26	35.75	3:20:58	5:37	3	35:42	25	
00 12	3.25	18:58	5:50	3	2:34	32	5:01	39.00	3:39:56	5:38	3	38:16	25	
000 00	3.25	18:50	5:47	3	3:11	33	5:05	42.25	3:58:46	5:39	3	41:27	50	1:08:45