



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Lorz, Matthias

00: Djk Teutonia Gaustadt

00: 82

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 4:01:14

00: 10.45 km/h

0000: 5:43 min/km

00000/0000: 59 (of 114)

00000/0: 53 (of 100)

000000: 2:50:01

00000: 4(of 5)

0000000: 3:19:40

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| 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 | 15:35 | 4:47 | 3 | 1:26 | 29 | 3:35 | 3.25 | 15:35 | 4:47 | 4 | 1:26 | 22 | |
| 00 2 | 3.25 | 15:00 | 4:36 | 2 | 0:03 | 19 | 2:18 | 6.50 | 30:35 | 4:42 | 4 | 1:29 | 22 | |
| 00 3 | 3.25 | 15:56 | 4:54 | 2 | 0:42 | 23 | 3:17 | 9.75 | 46:31 | 4:46 | 4 | 2:11 | 22 | |
| 00 4 | 3.25 | 16:14 | 4:59 | 3 | 1:19 | 28 | 3:37 | 13.00 | 1:02:45 | 4:49 | 4 | 3:30 | 22 | |
| 00 5 | 3.25 | 16:59 | 5:13 | 3 | 2:32 | 39 | 4:18 | 16.25 | 1:19:44 | 4:54 | 4 | 6:02 | 22 | |
| 00 6 | 3.25 | 17:59 | 5:31 | 3 | 3:26 | 53 | 5:04 | 19.50 | 1:37:43 | 5:00 | 4 | 9:28 | 22 | |
| 00 7 | 3.25 | 18:15 | 5:36 | 3 | 2:52 | 49 | 5:14 | 22.75 | 1:55:58 | 5:05 | 4 | 12:20 | 22 | |
| 00 8 | 3.25 | 18:17 | 5:37 | 5 | 2:21 | 44 | 5:02 | 26.00 | 2:14:15 | 5:09 | 4 | 14:41 | 22 | |
| 00 9 | 3.25 | 22:05 | 6:47 | 5 | 6:24 | 82 | 8:41 | 29.25 | 2:36:20 | 5:20 | 4 | 21:05 | 22 | |
| 00 10 | 3.25 | 20:52 | 6:25 | 5 | 4:48 | 63 | 7:19 | 32.50 | 2:57:12 | 5:27 | 4 | 25:53 | 22 | |
| 00 11 | 3.25 | 22:59 | 7:04 | 5 | 6:59 | 75 | 9:27 | 35.75 | 3:20:11 | 5:35 | 4 | 32:52 | 22 | |
| 00 12 | 3.25 | 20:40 | 6:21 | 4 | 4:24 | 50 | 6:43 | 39.00 | 3:40:51 | 5:39 | 4 | 37:16 | 22 | |
| 000 00 | 3.25 | 20:23 | 6:16 | 4 | 4:18 | 50 | 6:38 | 42.25 | 4:01:14 | 5:42 | 4 | 41:34 | 53 | 1:11:13 |