



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

**Staudt, Bernd**

00: LG EVO Seligenstadt

00: 129

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:09:17

00: 10.11 km/h

0000: 5:54 min/km

00000/0000: 63 (of 114)

00000/0: 57 (of 100)

000000: 2:50:01

00000: 5(of 10)

0000000: 3:17:19

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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	17:06	5:15	7	2:46	64	5:06	3.25	17:06	5:15	6	0:16	19	
00 2	3.25	17:52	5:29	6	3:29	71	5:10	6.50	34:58	5:22	6	1:04	19	
00 3	3.25	18:19	5:38	7	3:28	74	5:40	9.75	53:17	5:27	6	1:47	19	
00 4	3.25	18:26	5:40	6	3:19	73	5:49	13.00	1:11:43	5:30	6	1:31	19	
00 5	3.25	18:30	5:41	6	3:34	71	5:49	16.25	1:30:13	5:33	6	1:37	19	
00 6	3.25	18:59	5:50	5	3:53	68	6:04	19.50	1:49:12	5:36	5	20:29	19	
00 7	3.25	18:57	5:49	5	3:54	64	5:56	22.75	2:08:09	5:37	5	24:23	19	
00 8	3.25	19:38	6:02	5	4:21	62	6:23	26.00	2:27:47	5:41	5	28:44	19	
00 9	3.25	19:50	6:06	4	4:44	58	6:26	29.25	2:47:37	5:43	5	33:28	19	
00 10	3.25	20:10	6:12	4	4:45	56	6:37	32.50	3:07:47	5:46	5	38:13	19	
00 11	3.25	20:25	6:16	5	4:43	55	6:53	35.75	3:28:12	5:49	5	42:56	19	
00 12	3.25	20:17	6:14	4	3:53	44	6:20	39.00	3:48:29	5:51	5	46:49	19	
000 00	3.25	20:48	6:24	5	5:09	54	7:03	42.25	4:09:17	5:54	5	51:58	57	1:19:16