



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

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**Spintler, Rene**

□□: Trail-Running Team Teufelsrutsch

□□: 127

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:09:52

□□: 10.09 km/h

□□□□: 5:55 min/km

□□□□□/□□□: 64 (of 114)

□□□□□/□: 58 (of 100)

□□□□□□: 2:50:01

□□□□□: 8(of 11)

□□□□□□□: 2:50:01

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:38	5:25	10	5:38	74	5:38	3.25	17:38	5:25	8	5:38	18	
□□ 2	3.25	17:57	5:31	10	5:15	73	5:15	6.50	35:35	5:28	8	10:53	18	
□□ 3	3.25	18:00	5:32	9	5:21	69	5:21	9.75	53:35	5:29	8	16:14	18	
□□ 4	3.25	17:46	5:28	9	5:09	60	5:09	13.00	1:11:21	5:29	8	21:23	18	
□□ 5	3.25	17:51	5:29	9	5:10	56	5:10	16.25	1:29:12	5:29	8	26:33	18	
□□ 6	3.25	17:58	5:31	8	5:03	52	5:03	19.50	1:47:10	5:29	8	31:36	18	
□□ 7	3.25	18:20	5:38	9	5:19	54	5:19	22.75	2:05:30	5:30	8	36:55	18	
□□ 8	3.25	19:54	6:07	9	6:39	68	6:39	26.00	2:25:24	5:35	8	43:34	18	
□□ 9	3.25	20:11	6:12	7	6:47	63	6:47	29.25	2:45:35	5:39	8	50:21	18	
□□ 10	3.25	20:53	6:25	7	7:20	64	7:20	32.50	3:06:28	5:44	8	57:41	18	
□□ 11	3.25	21:11	6:31	7	7:39	63	7:39	35.75	3:27:39	5:48	8	1:05:20	18	
□□ 12	3.25	20:59	6:27	7	7:02	55	7:02	39.00	3:48:38	5:51	8	1:12:22	18	
□□□ □□	3.25	21:14	6:31	7	7:29	59	7:29	42.25	4:09:52	5:54	8	1:19:51	58	1:19:51