



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

□□□□

Milan, Beuk

□□: KA Tim

□□: 89

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 4:10:40

□□: 10.05 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 66 (of 114)

□□□□□/□: 60 (of 100)

□□□□□□: 2:50:01

□□□□□: 19(of 25)

□□□□□□□: 3:06:08

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:09	4:58	12	2:55	39	4:09	3.25	16:09	4:58	8	-	-	16	16
□□ 2	3.25	16:21	5:01	10	2:34	35	3:39	6.50	32:30	5:00	8	-	-	16	16
□□ 3	3.25	16:23	5:02	12	2:46	35	3:44	9.75	48:53	5:00	8	-	-	16	16
□□ 4	3.25	17:02	5:14	16	3:30	45	4:25	13.00	1:05:55	5:04	8	-	-	16	16
□□ 5	3.25	17:24	5:21	15	4:02	47	4:43	16.25	1:23:19	5:07	8	-	-	16	16
□□ 6	3.25	18:11	5:35	21	4:45	60	5:16	19.50	1:41:30	5:12	8	-	-	16	16
□□ 7	3.25	18:30	5:41	19	5:00	57	5:29	22.75	2:00:00	5:16	8	-	-	16	16
□□ 8	3.25	19:42	6:03	19	5:20	63	6:27	26.00	2:19:42	5:22	8	-	-	16	16
□□ 9	3.25	20:24	6:16	20	5:36	66	7:00	29.25	2:40:06	5:28	8	0:59	-	16	16
□□ 10	3.25	21:09	6:30	21	6:11	71	7:36	32.50	3:01:15	5:34	8	4:20	-	16	16
□□ 11	3.25	23:00	7:04	24	8:11	77	9:28	35.75	3:24:15	5:42	8	8:57	-	16	16
□□ 12	3.25	23:20	7:10	22	8:08	75	9:23	39.00	3:47:35	5:50	8	13:33	-	16	16
□□□ □□	3.25	23:05	7:06	22	8:30	75	9:20	42.25	4:10:40	5:55	19	1:04:32	60	1:20:39	16