



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Hammer, Steffen

00: Riesa

00: 43

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 4:13:25

00: 9.94 km/h

0000: 6:00 min/km

00000/0000: 71 (of 114)

00000/0: 64 (of 100)

000000: 2:50:01

00000: 20(of 25)

0000000: 3:06:08

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	16:33	5:05	14	3:19	50	4:33	3.25	16:33	5:05	7	-	13	
00 2	3.25	17:20	5:19	20	3:33	58	4:38	6.50	33:53	5:12	7	-	13	
00 3	3.25	18:02	5:32	24	4:25	70	5:23	9.75	51:55	5:19	7	-	13	
00 4	3.25	17:43	5:27	21	4:11	58	5:06	13.00	1:09:38	5:21	7	-	13	
00 5	3.25	17:58	5:31	20	4:36	59	5:17	16.25	1:27:36	5:23	7	0:23	13	
00 6	3.25	18:10	5:35	20	4:44	58	5:15	19.50	1:45:46	5:25	7	1:01	13	
00 7	3.25	18:37	5:43	20	5:07	60	5:36	22.75	2:04:23	5:28	7	2:15	13	
00 8	3.25	19:23	5:57	18	5:01	59	6:08	26.00	2:23:46	5:31	7	1:25	13	
00 9	3.25	19:47	6:05	19	4:59	57	6:23	29.25	2:43:33	5:35	7	4:26	13	
00 10	3.25	19:48	6:05	19	4:50	53	6:15	32.50	3:03:21	5:38	7	6:26	13	
00 11	3.25	20:46	6:23	18	5:57	58	7:14	35.75	3:24:07	5:42	7	8:49	13	
00 12	3.25	28:37	8:48	25	13:25	97	14:40	39.00	3:52:44	5:58	7	18:42	13	1:48
000 00	3.25	20:41	6:21	17	6:06	53	6:56	42.25	4:13:25	5:59	20	1:07:17	64	1:23:24