



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Hofmann, Friedhelm

000: 4:16:44

00: DLR Simmern

00: 9.82 km/h

00: 50

0000: 6:05 min/km

00: 42.25 km

00000/000: 77 (of 114)

Marathon

00000/0: 70 (of 100)

000000: 2:50:01

0000:

00000: 11(of 14)

Senioren M45 (45-49 Jahre)

0000000: 3:04:16

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	19:18	5:56	14	5:08	88	7:18	3.25	19:18	5:56	11	5:08	6	1:11
00 2	3.25	19:19	5:56	14	5:20	87	6:37	6.50	38:37	5:56	11	10:22	6	1:38
00 3	3.25	19:22	5:57	14	5:29	87	6:43	9.75	57:59	5:56	11	15:51	6	2:07
00 4	3.25	19:16	5:55	13	5:12	79	6:39	13.00	1:17:15	5:56	11	21:03	6	1:58
00 5	3.25	19:24	5:58	12	5:51	82	6:43	16.25	1:36:39	5:56	11	26:54	6	2:19
00 6	3.25	19:24	5:58	13	5:44	77	6:29	19.50	1:56:03	5:57	11	32:38	6	2:17
00 7	3.25	19:45	6:04	11	5:49	74	6:44	22.75	2:15:48	5:58	11	38:27	6	2:50
00 8	3.25	19:37	6:02	11	5:50	61	6:22	26.00	2:35:25	5:58	11	44:17	6	3:57
00 9	3.25	20:03	6:10	11	5:59	61	6:39	29.25	2:55:28	5:59	11	50:16	6	4:52
00 10	3.25	19:34	6:01	10	4:57	49	6:01	32.50	3:15:02	6:00	11	55:13	6	4:35
00 11	3.25	19:46	6:04	9	5:40	42	6:14	35.75	3:34:48	6:00	11	1:00:53	6	4:24
00 12	3.25	20:51	6:24	9	5:45	52	6:54	39.00	3:55:39	6:02	11	1:06:38	6	4:43
000 00	3.25	21:05	6:29	9	6:16	58	7:20	42.25	4:16:44	6:04	11	1:12:28	70	1:26:43