



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Grittner, Werner

00: LC Duisburg

00: 37

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:23:03

00: 9.58 km/h

0000: 6:14 min/km

00000/000: 83 (of 114)

00000/0: 74 (of 100)

000000: 2:50:01

00000: 6(of 10)

0000000: 3:17:19

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	17:03	5:14	6	2:43	62	5:03	3.25	17:03	5:14	7	0:13	2	
00 2	3.25	18:08	5:34	8	3:45	76	5:26	6.50	35:11	5:24	7	1:17	14	
00 3	3.25	18:22	5:39	8	3:31	76	5:43	9.75	53:33	5:29	7	2:03	2	
00 4	3.25	19:24	5:58	9	4:17	80	6:47	13.00	1:12:57	5:36	7	2:45	2	
00 5	3.25	19:32	6:00	9	4:36	83	6:51	16.25	1:32:29	5:41	7	3:53	2	
00 6	3.25	21:20	6:33	9	6:14	91	8:25	19.50	1:53:49	5:50	6	25:06	2	0:03
00 7	3.25	20:05	6:10	7	5:02	80	7:04	22.75	2:13:54	5:53	6	30:08	2	0:56
00 8	3.25	20:22	6:15	6	5:05	75	7:07	26.00	2:34:16	5:56	6	35:13	2	2:48
00 9	3.25	21:09	6:30	6	6:03	75	7:45	29.25	2:55:25	5:59	6	41:16	14	4:49
00 10	3.25	20:56	6:26	6	5:31	67	7:23	32.50	3:16:21	6:02	6	46:47	2	5:54
00 11	3.25	23:02	7:05	6	7:20	78	9:30	35.75	3:39:23	6:08	6	54:07	14	8:59
00 12	3.25	22:14	6:50	6	5:50	67	8:17	39.00	4:01:37	6:11	6	59:57	2	10:41
000 00	3.25	21:26	6:35	6	5:47	61	7:41	42.25	4:23:03	6:13	6	1:05:44	74	1:33:02