



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

□□□□

Kratochwill, Friedrich

□□□: 4:27:14

□□: Laufwunder Steyr

□□: 9.43 km/h

□□: 73

□□□□: 6:20 min/km

□□: 42.25 km

□□□□□/□□□: 88 (of 114)

Marathon

□□□□□/□: 80 (of 100)

□□□□□□: 2:50:01

□□□□:

□□□□□: 16(of 19)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:07:48

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:04	5:51	18	5:31	86	7:04	3.25	19:04	5:51	5	0:15	46	0:57	
□□ 2	3.25	19:48	6:05	18	5:57	89	7:06	6.50	38:52	5:58	5	1:28	46	1:53	
□□ 3	3.25	19:47	6:05	18	6:00	92	7:08	9.75	58:39	6:00	5	2:51	46	2:47	
□□ 4	3.25	19:53	6:07	18	5:54	90	7:16	13.00	1:18:32	6:02	5	4:25	46	3:15	
□□ 5	3.25	20:07	6:11	18	5:47	92	7:26	16.25	1:38:39	6:04	5	6:40	46	4:19	
□□ 6	3.25	20:57	6:26	18	6:26	90	8:02	19.50	1:59:36	6:07	5	10:46	46	5:50	
□□ 7	3.25	20:09	6:11	15	5:34	82	7:08	22.75	2:19:45	6:08	5	13:16	46	6:47	
□□ 8	3.25	19:45	6:04	12	5:06	64	6:30	26.00	2:39:30	6:08	5	14:44	46	8:02	
□□ 9	3.25	20:17	6:14	11	5:23	65	6:53	29.25	2:59:47	6:08	5	12:48	46	9:11	
□□ 10	3.25	20:17	6:14	10	5:30	58	6:44	32.50	3:20:04	6:09	5	12:30	46	9:37	
□□ 11	3.25	21:11	6:31	12	6:15	63	7:39	35.75	3:41:15	6:11	5	13:31	46	10:51	
□□ 12	3.25	22:03	6:47	13	6:56	66	8:06	39.00	4:03:18	6:14	5	12:57	46	12:22	
□□□ □□	3.25	23:56	7:21	17	9:07	80	10:11	42.25	4:27:14	6:19	16	1:19:26	80	1:37:13	