



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

□□□□

Hau, Bernd

□□□: 4:34:23

□□: Kutzhof

□□: 9.18 km/h

□□: 44

□□□□: 6:29 min/km

□□: 42.25 km

□□□□□/□□□□: 94 (of 114)

Marathon

□□□□□/□: 86 (of 100)

□□□□□□: 2:50:01

□□□□:

□□□□□: 18(of 19)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:07:48

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:53	5:48	17	5:20	85	6:53	3.25	18:53	5:48	3	0:04	40	0:46	
□□ 2	3.25	19:35	6:01	17	5:44	88	6:53	6.50	38:28	5:55	3	1:04	40	1:29	
□□ 3	3.25	19:53	6:07	19	6:06	94	7:14	9.75	58:21	5:59	3	2:33	40	2:29	
□□ 4	3.25	20:01	6:09	19	6:02	91	7:24	13.00	1:18:22	6:01	3	4:15	40	3:05	
□□ 5	3.25	20:05	6:10	17	5:45	91	7:24	16.25	1:38:27	6:03	3	6:28	40	4:07	
□□ 6	3.25	20:19	6:15	16	5:48	87	7:24	19.50	1:58:46	6:05	3	9:56	40	5:00	
□□ 7	3.25	20:32	6:19	17	5:57	86	7:31	22.75	2:19:18	6:07	3	12:49	40	6:20	
□□ 8	3.25	21:43	6:40	18	7:04	88	8:28	26.00	2:41:01	6:11	3	16:15	40	9:33	
□□ 9	3.25	22:08	6:48	17	7:14	84	8:44	29.25	3:03:09	6:15	3	16:10	40	12:33	
□□ 10	3.25	22:31	6:55	16	7:44	79	8:58	32.50	3:25:40	6:19	3	18:06	40	15:13	
□□ 11	3.25	23:48	7:19	17	8:52	83	10:16	35.75	3:49:28	6:25	3	21:44	40	19:04	
□□ 12	3.25	24:05	7:24	17	8:58	81	10:08	39.00	4:13:33	6:30	3	23:12	40	22:37	
□□□ □□	3.25	20:50	6:24	10	6:01	55	7:05	42.25	4:34:23	6:29	18	1:26:35	86	1:44:22	