



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

Orlowski, Jörg

00: TC Kray

00: 98

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:35:56

00: 9.13 km/h

0000: 6:32 min/km

00000/000: 95 (of 114)

00000/0: 87 (of 100)

000000: 2:50:01

00000: 13(of 14)

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	17:08	5:16	9	2:58	65	5:08	3.25	17:08	5:16	13	2:58	26	
00 2	3.25	17:22	5:20	10	3:23	59	4:40	6.50	34:30	5:18	13	6:15	26	
00 3	3.25	17:49	5:28	10	3:56	66	5:10	9.75	52:19	5:21	13	10:11	26	
00 4	3.25	18:00	5:32	9	3:56	66	5:23	13.00	1:10:19	5:24	13	14:07	26	
00 5	3.25	18:36	5:43	11	5:03	74	5:55	16.25	1:28:55	5:28	13	19:10	26	
00 6	3.25	19:23	5:57	12	5:43	75	6:28	19.50	1:48:18	5:33	13	24:53	26	
00 7	3.25	20:50	6:24	13	6:54	89	7:49	22.75	2:09:08	5:40	13	31:47	26	
00 8	3.25	21:56	6:44	14	8:09	90	8:41	26.00	2:31:04	5:48	13	39:56	26	
00 9	3.25	22:49	7:01	14	8:45	89	9:25	29.25	2:53:53	5:56	13	48:41	26	3:17
00 10	3.25	24:18	7:28	14	9:41	90	10:45	32.50	3:18:11	6:05	13	58:22	26	7:44
00 11	3.25	26:08	8:02	14	12:02	93	12:36	35.75	3:44:19	6:16	13	1:10:24	26	13:55
00 12	3.25	26:10	8:03	14	11:04	91	12:13	39.00	4:10:29	6:25	13	1:21:28	26	19:33
000 00	3.25	25:27	7:49	13	10:38	89	11:42	42.25	4:35:56	6:31	13	1:31:40	87	1:45:55