



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

0000

van der Hoeff, Sander

00: Marathonplus

00: 137

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:38:28

00: 9.05 km/h

0000: 6:35 min/km

00000/000: 96 (of 114)

00000/0: 88 (of 100)

000000: 2:50:01

00000: 14(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	18:27	5:40	13	4:17	83	6:27	3.25	18:27	5:40	14	4:17	38	0:20
00 2	3.25	18:37	5:43	13	4:38	81	5:55	6.50	37:04	5:42	14	8:49	38	0:05
00 3	3.25	18:55	5:49	13	5:02	82	6:16	9.75	55:59	5:44	14	13:51	38	0:07
00 4	3.25	24:01	7:23	14	9:57	99	11:24	13.00	1:20:00	6:09	14	23:48	38	4:43
00 5	3.25	19:59	6:08	14	6:26	88	7:18	16.25	1:39:59	6:09	14	30:14	38	5:39
00 6	3.25	19:00	5:50	11	5:20	69	6:05	19.50	1:58:59	6:06	14	35:34	38	5:13
00 7	3.25	20:42	6:22	12	6:46	88	7:41	22.75	2:19:41	6:08	14	42:20	38	6:43
00 8	3.25	20:35	6:19	12	6:48	79	7:20	26.00	2:40:16	6:09	14	49:08	38	8:48
00 9	3.25	21:00	6:27	12	6:56	73	7:36	29.25	3:01:16	6:11	14	56:04	38	10:40
00 10	3.25	22:06	6:48	12	7:29	77	8:33	32.50	3:23:22	6:15	14	1:03:33	38	12:55
00 11	3.25	24:49	7:38	13	10:43	88	11:17	35.75	3:48:11	6:22	14	1:14:16	38	17:47
00 12	3.25	24:50	7:38	12	9:44	84	10:53	39.00	4:13:01	6:29	14	1:24:00	38	22:05
000 00	3.25	25:27	7:49	13	10:38	89	11:42	42.25	4:38:28	6:35	14	1:34:12	88	1:48:27