



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

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Reinhard-Miltz, Gerhard

□□: 100 Marathon Club

□□: 110

□□: 42.25 km

Marathon

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 4:40:56

□□: 8.97 km/h

□□□□: 6:39 min/km

□□□□□/□□□: 100 (of 114)

□□□□□/□: 90 (of 100)

□□□□□□: 2:50:01

□□□□□: 8(of 10)

□□□□□□□: 3:17:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:54	6:07	10	5:34	94	7:54	3.25	19:54	6:07	9	3:04	36	1:47	
□□ 2	3.25	20:37	6:20	10	6:14	94	7:55	6.50	40:31	6:14	9	6:37	36	3:32	
□□ 3	3.25	19:34	6:01	10	4:43	89	6:55	9.75	1:00:05	6:09	9	8:35	36	4:13	
□□ 4	3.25	21:05	6:29	10	5:58	93	8:28	13.00	1:21:10	6:14	9	10:58	36	5:53	
□□ 5	3.25	20:16	6:14	10	5:20	93	7:35	16.25	1:41:26	6:14	9	12:50	36	7:06	
□□ 6	3.25	19:44	6:04	8	4:38	80	6:49	19.50	2:01:10	6:12	8	32:27	36	7:24	
□□ 7	3.25	20:22	6:15	9	5:19	85	7:21	22.75	2:21:32	6:13	8	37:46	36	8:34	
□□ 8	3.25	20:27	6:17	7	5:10	78	7:12	26.00	2:41:59	6:13	8	42:56	36	10:31	
□□ 9	3.25	21:54	6:44	7	6:48	80	8:30	29.25	3:03:53	6:17	8	49:44	36	13:17	
□□ 10	3.25	22:53	7:02	7	7:28	82	9:20	32.50	3:26:46	6:21	8	57:12	36	16:19	
□□ 11	3.25	24:48	7:37	8	9:06	87	11:16	35.75	3:51:34	6:28	8	1:06:18	36	21:10	
□□ 12	3.25	24:55	7:40	8	8:31	85	10:58	39.00	4:16:29	6:34	8	1:14:49	36	25:33	
□□□ □□	3.25	24:27	7:31	8	8:48	84	10:42	42.25	4:40:56	6:38	8	1:23:37	90	1:50:55	