



8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

□□□□

Reinhard-Miltz, Gerhard

□□□: 4:40:56

□□: 100 Marathon Club

□□: 9.02 km/h

□□: 110

□□□□: 6:39 min/km

□□: 42.25 km

□□□□□/□□□: 100 (of 114)

Marathon

□□□□□/□: 90 (of 100)

□□□□□□: 2:50:01

□□□□:

□□□□□: 8(of 10)

Senioren M55 (55-59 Jahre)

□□□□□□□: 3:17:19

□□□□

□□□□

□□□

| □□□ | □□ 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 | |