



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Pommer, Mario

00: Meddys LWT Koblenz

00: 28

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:17:46

00: 12.74 km/h

0000: 4:41 min/km

00000/0000: 19 (of 250)

00000/0: 10 (of 212)

000000: 2:57:03

00000: 3(of 38)

0000000: 3:00:08

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	14:46	4:32	11	1:06	29	1:55	3.25	14:46	4:32	11	1:06	29	1:55
00 2	3.25	14:47	4:32	11	1:05	31	1:54	6.50	29:33	4:32	9	2:11	27	3:49
00 3	3.25	15:08	4:39	13	1:01	35	2:18	9.75	44:41	4:34	9	3:12	27	6:07
00 4	3.25	15:10	4:39	11	1:13	33	2:04	13.00	59:51	4:36	11	4:18	29	8:11
00 5	3.25	15:05	4:38	9	2:22	27	2:22	16.25	1:14:56	4:36	9	5:26	25	10:03
00 6	3.25	15:33	4:47	9	1:34	29	2:23	19.50	1:30:29	4:38	9	7:00	27	12:26
00 7	3.25	14:57	4:35	7	1:03	21	1:34	22.75	1:45:26	4:38	9	8:03	25	14:00
00 8	3.25	15:03	4:37	5	0:58	19	14:19	26.00	2:00:29	4:38	7	9:01	23	15:25
00 9	3.25	15:01	4:37	5	1:18	15	1:18	29.25	2:15:30	4:37	7	10:19	23	16:38
00 10	3.25	15:10	4:39	3	1:25	13	1:25	32.50	2:30:40	4:38	7	11:44	21	17:36
00 11	3.25	15:36	4:47	5	1:51	19	1:51	35.75	2:46:16	4:39	5	13:35	19	18:29
00 12	3.25	15:46	4:51	3	2:11	15	2:11	39.00	3:02:02	4:40	5	15:46	19	19:35
000 00	3.25	15:44	4:50	5	1:52	15	1:52	42.25	3:17:46	4:40	5	17:38	19	20:43