



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Bruder, Lars

000: 3:31:21

00: Potsdam

00: 11.92 km/h

00: 31

0000: 5:00 min/km

00: 42.25 km

00000/000: 31 (of 250)

Marathon

00000/0: 16 (of 212)

000000: 2:57:03

0000:

00000: 6(of 38)

Senioren M40 (40-44 Jahre)

0000000: 3:00:08

0000

0000

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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	17:15	5:18	23	3:35	91	4:24	3.25	17:15	5:18	23	3:35	91	4:24
00 2	3.25	16:44	5:08	19	3:02	83	3:51	6.50	33:59	5:13	23	6:37	83	8:15
00 3	3.25	16:38	5:07	19	2:31	57	3:48	9.75	50:37	5:11	23	9:08	77	12:03
00 4	3.25	16:22	5:02	17	2:25	51	3:16	13.00	1:06:59	5:09	21	11:26	71	15:19
00 5	3.25	16:17	5:00	17	3:34	45	3:34	16.25	1:23:16	5:07	19	13:46	59	18:23
00 6	3.25	16:23	5:02	17	2:24	39	3:13	19.50	1:39:39	5:06	19	16:10	59	21:36
00 7	3.25	15:58	4:54	13	2:04	33	2:35	22.75	1:55:37	5:04	17	18:14	55	24:11
00 8	3.25	15:04	4:38	7	0:59	21	14:20	26.00	2:10:41	5:01	17	19:13	43	25:37
00 9	3.25	15:18	4:42	7	1:35	21	1:35	29.25	2:25:59	4:59	17	20:48	41	27:07
00 10	3.25	15:55	4:53	7	2:10	23	2:10	32.50	2:41:54	4:58	13	22:58	35	28:50
00 11	3.25	16:21	5:01	7	2:36	21	2:36	35.75	2:58:15	4:59	11	25:34	31	30:28
00 12	3.25	16:25	5:03	7	2:50	23	2:50	39.00	3:14:40	4:59	11	28:24	31	32:13
000 00	3.25	16:41	5:08	7	2:49	33	2:49	42.25	3:31:21	5:00	11	31:13	31	34:18