



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Witt, Knut

00: TV Stierstadt

00: 68

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 3:43:09

00: 11.29 km/h

0000: 5:17 min/km

00000/000: 49 (of 250)

00000/0: 24 (of 212)

000000: 2:57:03

00000: 4(of 64)

0000000: 3:13:04

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	16:08	4:57	13	2:33	59	3:17	3.25	16:08	4:57	13	2:33	59	3:17
00 2	3.25	17:02	5:14	25	3:27	97	4:09	6.50	33:10	5:06	13	6:00	61	7:26
00 3	3.25	17:04	5:15	27	2:57	99	4:14	9.75	50:14	5:09	15	8:57	67	11:40
00 4	3.25	17:21	5:20	31	3:19	101	4:15	13.00	1:07:35	5:11	19	12:16	77	15:55
00 5	3.25	16:50	5:10	11	2:40	59	4:07	16.25	1:24:25	5:11	17	14:56	75	19:32
00 6	3.25	17:17	5:19	27	3:08	87	4:07	19.50	1:41:42	5:12	17	18:04	75	23:39
00 7	3.25	17:04	5:15	13	2:25	61	3:41	22.75	1:58:46	5:13	17	20:29	71	27:20
00 8	3.25	17:07	5:15	11	2:23	59	16:23	26.00	2:15:53	5:13	17	22:52	73	30:49
00 9	3.25	17:32	5:23	15	2:26	57	3:49	29.25	2:33:25	5:14	17	25:14	73	34:33
00 10	3.25	17:41	5:26	11	2:14	49	3:56	32.50	2:51:06	5:15	15	27:16	69	38:02
00 11	3.25	17:41	5:26	7	2:33	35	3:56	35.75	3:08:47	5:16	9	28:34	59	41:00
00 12	3.25	17:49	5:28	7	2:45	37	4:14	39.00	3:26:36	5:17	9	29:56	55	44:09
000 00	3.25	16:33	5:05	9	1:51	29	2:41	42.25	3:43:09	5:16	7	30:05	47	46:06