



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Krah, Marcus

000: 3:44:00

00: Erlangen

00: 11.25 km/h

00: 11

0000: 5:18 min/km

00: 42.25 km

00000/000: 57 (of 250)

Marathon

00000/0: 27 (of 212)

000000: 2:57:03

0000:

00000: 4(of 14)

Senioren M30 (30-34 Jahre)

0000000: 3:02:07

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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	14:29	4:27	5	1:34	23	1:38	3.25	14:29	4:27	5	1:34	23	1:38
00 2	3.25	14:29	4:27	5	1:33	25	1:36	6.50	28:58	4:27	5	3:07	25	3:14
00 3	3.25	15:19	4:42	5	2:18	37	2:29	9.75	44:17	4:32	5	5:25	25	5:43
00 4	3.25	15:29	4:45	5	2:16	39	2:23	13.00	59:46	4:35	5	7:41	25	8:06
00 5	3.25	16:00	4:55	7	2:36	41	3:17	16.25	1:15:46	4:39	5	10:17	33	10:53
00 6	3.25	16:43	5:08	7	3:15	55	3:33	19.50	1:32:29	4:44	5	13:32	37	14:26
00 7	3.25	17:19	5:19	7	3:51	75	3:56	22.75	1:49:48	4:49	5	17:23	41	18:22
00 8	3.25	16:05	4:56	5	1:54	31	15:21	26.00	2:05:53	4:50	5	19:17	35	20:49
00 9	3.25	22:11	6:49	13	7:46	183	8:28	29.25	2:28:04	5:03	5	26:40	43	29:12
00 10	3.25	18:09	5:35	5	3:33	69	4:24	32.50	2:46:13	5:06	5	29:45	47	33:09
00 11	3.25	19:08	5:53	11	4:15	87	5:23	35.75	3:05:21	5:11	5	34:00	47	37:34
00 12	3.25	19:08	5:53	7	4:03	71	5:33	39.00	3:24:29	5:14	5	37:42	45	42:02
000 00	3.25	19:31	6:00	9	4:25	93	5:39	42.25	3:44:00	5:18	7	41:53	53	46:57