



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

□□□□

Ziefle, Herbert

□□: LSG Karlsruhe

□□: 90

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:48:34

□□: 11.03 km/h

□□□□: 5:25 min/km

□□□□□/□□□: 83 (of 250)

□□□□□/□: 39 (of 212)

□□□□□□: 2:57:03

□□□□□: 12(of 64)

□□□□□□□: 3:13:04

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:53	5:11	19	3:18	77	4:02	3.25	16:53	5:11	19	3:18	77	4:02	
□□ 2	3.25	17:22	5:20	35	3:47	113	4:29	6.50	34:15	5:16	25	7:05	101	8:31	
□□ 3	3.25	17:02	5:14	25	2:55	97	4:12	9.75	51:17	5:15	23	10:00	95	12:43	
□□ 4	3.25	17:02	5:14	23	3:00	85	3:56	13.00	1:08:19	5:15	23	13:00	89	16:39	
□□ 5	3.25	17:14	5:18	25	3:04	89	4:31	16.25	1:25:33	5:15	23	16:04	91	20:40	
□□ 6	3.25	17:05	5:15	19	2:56	77	3:55	19.50	1:42:38	5:15	23	19:00	87	24:35	
□□ 7	3.25	17:43	5:27	29	3:04	99	4:20	22.75	2:00:21	5:17	21	22:04	85	28:55	
□□ 8	3.25	17:20	5:19	15	2:36	65	16:36	26.00	2:17:41	5:17	21	24:40	79	32:37	
□□ 9	3.25	17:50	5:29	23	2:44	73	4:07	29.25	2:35:31	5:19	21	27:20	79	36:39	
□□ 10	3.25	19:30	6:00	35	4:03	111	5:45	32.50	2:55:01	5:23	25	31:11	83	41:57	
□□ 11	3.25	18:19	5:38	19	3:11	55	4:34	35.75	3:13:20	5:24	25	33:07	83	45:33	
□□ 12	3.25	18:30	5:41	17	3:26	53	4:55	39.00	3:31:50	5:25	23	35:10	79	49:23	
□□□ □□	3.25	16:44	5:08	11	2:02	35	2:52	42.25	3:48:34	5:24	23	35:30	77	51:31	