



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Koch, Heico

00: trademachines.de

00: 47

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:57:28

00: 10.61 km/h

0000: 5:37 min/km

00000/000: 101 (of 250)

00000/0: 48 (of 212)

000000: 2:57:03

00000: 13(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	18:11	5:35	35	4:31	149	5:20	3.25	18:11	5:35	35	4:31	149	5:20
00 2	3.25	18:26	5:40	33	4:44	151	5:33	6.50	36:37	5:38	33	9:15	153	10:53
00 3	3.25	18:09	5:35	31	4:02	139	5:19	9.75	54:46	5:37	33	13:17	145	16:12
00 4	3.25	18:01	5:32	29	4:04	133	4:55	13.00	1:12:47	5:35	29	17:14	141	21:07
00 5	3.25	18:06	5:34	31	5:23	125	5:23	16.25	1:30:53	5:35	31	21:23	143	26:00
00 6	3.25	18:09	5:35	33	4:10	133	4:59	19.50	1:49:02	5:35	31	25:33	135	30:59
00 7	3.25	18:12	5:35	29	4:18	117	4:49	22.75	2:07:14	5:35	31	29:51	133	35:48
00 8	3.25	18:21	5:38	23	4:16	103	17:37	26.00	2:25:35	5:35	31	34:07	135	40:31
00 9	3.25	18:33	5:42	21	4:50	97	4:50	29.25	2:44:08	5:36	31	38:57	133	45:16
00 10	3.25	18:17	5:37	19	4:32	73	4:32	32.50	3:02:25	5:36	29	43:29	121	49:21
00 11	3.25	18:47	5:46	15	5:02	75	5:02	35.75	3:21:12	5:37	29	48:31	109	53:25
00 12	3.25	19:11	5:54	11	5:36	73	5:36	39.00	3:40:23	5:39	27	54:07	107	57:56
000 00	3.25	17:05	5:15	11	3:13	41	3:13	42.25	3:57:28	5:37	25	57:20	95	1:00:25