



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

van essen, Diederik

000: 3:58:53

00: Berlin

00: 10.55 km/h

00: 12

0000: 5:39 min/km

00: 42.25 km

00000/000: 109 (of 250)

Marathon

00000/0: 51 (of 212)

000000: 2:57:03

0000:

00000: 5(of 14)

Senioren M30 (30-34 Jahre)

0000000: 3:02:07

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	13	5:16	149	5:20	3.25	18:11	5:35	13	5:16	149	5:20
00 2	3.25	18:26	5:40	13	5:30	151	5:33	6.50	36:37	5:38	13	10:46	153	10:53
00 3	3.25	18:09	5:35	11	5:08	139	5:19	9.75	54:46	5:37	11	15:54	145	16:12
00 4	3.25	18:01	5:32	11	4:48	133	4:55	13.00	1:12:47	5:35	11	20:42	141	21:07
00 5	3.25	18:06	5:34	11	4:42	125	5:23	16.25	1:30:53	5:35	11	25:24	143	26:00
00 6	3.25	18:09	5:35	11	4:41	133	4:59	19.50	1:49:02	5:35	11	30:05	135	30:59
00 7	3.25	18:12	5:35	11	4:44	117	4:49	22.75	2:07:14	5:35	11	34:49	133	35:48
00 8	3.25	18:21	5:38	9	4:10	103	17:37	26.00	2:25:35	5:35	11	38:59	135	40:31
00 9	3.25	18:32	5:42	7	4:07	93	4:49	29.25	2:44:07	5:36	11	42:43	129	45:15
00 10	3.25	18:17	5:37	9	3:41	73	4:32	32.50	3:02:24	5:36	11	45:56	119	49:20
00 11	3.25	18:52	5:48	7	3:59	77	5:07	35.75	3:21:16	5:37	11	49:55	111	53:29
00 12	3.25	19:20	5:56	9	4:15	79	5:45	39.00	3:40:36	5:39	11	53:49	109	58:09
000 00	3.25	18:17	5:37	7	3:11	61	4:25	42.25	3:58:53	5:39	9	56:46	101	1:01:50