



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Saykowski, Reiner

000: 3:59:31

00: TSV Flintbek

00: 10.52 km/h

00: 91

0000: 5:40 min/km

00: 42.25 km

00000/000: 117 (of 250)

Marathon

00000/0: 55 (of 212)

000000: 2:57:03

0000:

00000: 10(of 36)

Senioren M50 (50-54 Jahre)

0000000: 3:06:27

0000

0000

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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	16:30	5:04	9	2:24	65	3:39	3.25	16:30	5:04	9	2:24	65	3:39
00 2	3.25	16:40	5:07	11	2:32	75	3:47	6.50	33:10	5:06	9	4:56	61	7:26
00 3	3.25	16:50	5:10	11	2:26	77	4:00	9.75	50:00	5:07	9	7:22	63	11:26
00 4	3.25	16:57	5:12	17	2:50	81	3:51	13.00	1:06:57	5:09	11	10:12	69	15:17
00 5	3.25	17:00	5:13	13	2:55	79	4:17	16.25	1:23:57	5:09	11	13:07	73	19:04
00 6	3.25	17:25	5:21	17	3:23	91	4:15	19.50	1:41:22	5:11	11	16:30	73	23:19
00 7	3.25	17:39	5:25	17	3:46	95	4:16	22.75	1:59:01	5:13	13	20:16	77	27:35
00 8	3.25	18:42	5:45	21	17:58	125	17:58	26.00	2:17:43	5:17	15	25:07	81	32:39
00 9	3.25	19:52	6:06	21	5:46	139	6:09	29.25	2:37:35	5:23	15	30:53	85	38:43
00 10	3.25	20:13	6:13	19	5:56	131	6:28	32.50	2:57:48	5:28	15	36:49	91	44:44
00 11	3.25	20:45	6:23	19	5:45	131	7:00	35.75	3:18:33	5:33	17	42:34	103	50:46
00 12	3.25	21:01	6:28	21	5:46	121	7:26	39.00	3:39:34	5:37	17	48:20	103	57:07
000 00	3.25	19:57	6:08	17	4:44	105	6:05	42.25	3:59:31	5:40	19	53:04	109	1:02:28