



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Steinicke, Thomas

000: 4:04:08

00: SGW 05 Berlin

00: 10.32 km/h

00: 128

0000: 5:47 min/km

00: 42.25 km

00000/000: 129 (of 250)

Marathon

00000/0: 60 (of 212)

000000: 2:57:03

0000:

00000: 2(of 16)

Senioren M55 (55-59 Jahre)

0000000: 4:03:20

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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	17:26	5:21	5	1:09	105	4:35	3.25	17:26	5:21	5	1:09	105	4:35
00 2	3.25	18:00	5:32	7	1:06	141	5:07	6.50	35:26	5:27	5	1:30	129	9:42
00 3	3.25	18:03	5:33	5	0:45	133	5:13	9.75	53:29	5:29	5	2:15	125	14:55
00 4	3.25	18:08	5:34	5	0:29	137	5:02	13.00	1:11:37	5:30	5	2:44	129	19:57
00 5	3.25	18:11	5:35	3	0:28	135	5:28	16.25	1:29:48	5:31	5	2:42	125	24:55
00 6	3.25	18:13	5:36	3	0:13	139	5:03	19.50	1:48:01	5:32	5	2:34	129	29:58
00 7	3.25	18:15	5:36	1	-	125	4:52	22.75	2:06:16	5:33	3	2:10	129	34:50
00 8	3.25	18:31	5:41	1	-	107	17:47	26.00	2:24:47	5:34	3	1:50	129	39:43
00 9	3.25	18:45	5:46	1	-	103	5:02	29.25	2:43:32	5:35	3	1:00	127	44:40
00 10	3.25	19:13	5:54	1	-	101	5:28	32.50	3:02:45	5:37	3	0:28	125	49:41
00 11	3.25	20:22	6:15	9	1:03	119	6:37	35.75	3:23:07	5:40	3	0:42	125	55:20
00 12	3.25	20:55	6:26	7	1:18	117	7:20	39.00	3:44:02	5:44	3	1:20	123	1:01:35
000 00	3.25	20:06	6:11	5	0:47	109	6:14	42.25	4:04:08	5:46	3	0:48	119	1:07:05