



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

□□□□

Henze, Thorsten

□□□: 4:06:28

□□: TV 1912 Trais-Horloff

□□: 10.22 km/h

□□: 44

□□□□: 5:50 min/km

□□: 42.25 km

□□□□□/□□□: 135 (of 250)

Marathon

□□□□□/□: 63 (of 212)

□□□□□□: 2:57:03

□□□□:

□□□□□: 15(of 38)

Senioren M40 (40-44 Jahre)

□□□□□□□: 3:00:08

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:08	5:34	33	4:28	145	5:17	3.25	18:08	5:34	33	4:28	145	5:17	
□□ 2	3.25	17:02	5:14	25	3:20	97	4:09	6.50	35:10	5:24	27	7:48	119	9:26	
□□ 3	3.25	16:38	5:07	19	2:31	57	3:48	9.75	51:48	5:18	25	10:19	101	13:14	
□□ 4	3.25	16:40	5:07	19	2:43	61	3:34	13.00	1:08:28	5:15	25	12:55	93	16:48	
□□ 5	3.25	16:50	5:10	21	4:07	59	4:07	16.25	1:25:18	5:14	25	15:48	87	20:25	
□□ 6	3.25	16:52	5:11	21	2:53	65	3:42	19.50	1:42:10	5:14	23	18:41	83	24:07	
□□ 7	3.25	17:40	5:26	23	3:46	97	4:17	22.75	1:59:50	5:16	21	22:27	81	28:24	
□□ 8	3.25	18:41	5:44	29	4:36	123	17:57	26.00	2:18:31	5:19	21	27:03	85	33:27	
□□ 9	3.25	19:12	5:54	27	5:29	121	5:29	29.25	2:37:43	5:23	21	32:32	87	38:51	
□□ 10	3.25	20:05	6:10	27	6:20	127	6:20	32.50	2:57:48	5:28	21	38:52	91	44:44	
□□ 11	3.25	21:10	6:30	29	7:25	139	7:25	35.75	3:18:58	5:33	25	46:17	105	51:11	
□□ 12	3.25	22:10	6:49	29	8:35	141	8:35	39.00	3:41:08	5:40	29	54:52	113	58:41	
□□□ □□	3.25	25:20	7:47	35	11:28	183	11:28	42.25	4:06:28	5:50	29	1:06:20	125	1:09:25	