



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Welnitz, Oliver

00: LC BlueLiner

00: 72

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:10:56

00: 10.10 km/h

0000: 5:56 min/km

00000/0000: 145 (of 250)

00000/0: 68 (of 212)

000000: 2:57:03

00000: 21(of 64)

0000000: 3:13:04

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	18:21	5:38	51	4:46	165	5:30	3.25	18:21	5:38	51	4:46	165	5:30
00 2	3.25	17:36	5:24	45	4:01	127	4:43	6.50	35:57	5:31	47	8:47	139	10:13
00 3	3.25	18:02	5:32	45	3:55	131	5:12	9.75	53:59	5:32	47	12:42	139	15:25
00 4	3.25	18:08	5:34	47	4:06	137	5:02	13.00	1:12:07	5:32	45	16:48	133	20:27
00 5	3.25	18:15	5:36	51	4:05	143	5:32	16.25	1:30:22	5:33	49	20:53	139	25:29
00 6	3.25	18:42	5:45	53	4:33	155	5:32	19.50	1:49:04	5:35	49	25:26	141	31:01
00 7	3.25	20:01	6:09	55	5:22	165	6:38	22.75	2:09:05	5:40	51	30:48	143	37:39
00 8	3.25	20:15	6:13	51	5:31	167	19:31	26.00	2:29:20	5:44	49	36:19	149	44:16
00 9	3.25	20:11	6:12	47	5:05	147	6:28	29.25	2:49:31	5:47	49	41:20	151	50:39
00 10	3.25	20:39	6:21	43	5:12	135	6:54	32.50	3:10:10	5:51	49	46:20	153	57:06
00 11	3.25	20:42	6:22	41	5:34	129	6:57	35.75	3:30:52	5:53	45	50:39	145	1:03:05
00 12	3.25	20:33	6:19	37	5:29	113	6:58	39.00	3:51:25	5:56	43	54:45	139	1:08:58
000 00	3.25	19:31	6:00	33	4:49	93	5:39	42.25	4:10:56	5:56	41	57:52	135	1:13:53