



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Grab, Heribert

00: LT Hemsbach

00: 134

00: 42.25 km

Marathon

0000:

Senioren M65 (65-69 Jahre)

000: 4:25:20

00: 9.50 km/h

0000: 6:17 min/km

00000/000: 187 (of 250)

00000/0: 86 (of 212)

000000: 2:57:03

00000: 1(of 2)

0000000: 4:25:20

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	17:51	5:29	1	-	127	5:00	3.25	17:51	5:29	1	-	127	5:00
00 2	3.25	17:57	5:31	1	-	137	5:04	6.50	35:48	5:30	1	-	135	10:04
00 3	3.25	18:29	5:41	1	-	153	5:39	9.75	54:17	5:34	1	-	143	15:43
00 4	3.25	19:12	5:54	1	-	175	6:06	13.00	1:13:29	5:39	1	-	155	21:49
00 5	3.25	20:29	6:18	1	-	195	7:46	16.25	1:33:58	5:46	1	-	171	29:05
00 6	3.25	19:33	6:00	1	-	173	6:23	19.50	1:53:31	5:49	1	-	177	35:28
00 7	3.25	20:31	6:18	1	-	179	7:08	22.75	2:14:02	5:53	1	-	179	42:36
00 8	3.25	21:15	6:32	1	-	181	20:31	26.00	2:35:17	5:58	1	-	183	50:13
00 9	3.25	22:02	6:46	1	-	181	8:19	29.25	2:57:19	6:03	1	-	183	58:27
00 10	3.25	20:51	6:24	1	-	139	7:06	32.50	3:18:10	6:05	1	-	179	1:05:06
00 11	3.25	21:55	6:44	1	-	147	8:10	35.75	3:40:05	6:09	1	-	179	1:12:18
00 12	3.25	23:05	7:06	1	-	153	9:30	39.00	4:03:10	6:14	1	-	175	1:20:43
000 00	3.25	22:10	6:49	1	-	151	8:18	42.25	4:25:20	6:16	1	-	171	1:28:17