



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Sziburis, Sven

000: 4:26:09

00: Beuna

00: 9.47 km/h

00: 75

0000: 6:18 min/km

00: 42.25 km

00000/000: 189 (of 250)

Marathon

00000/0: 87 (of 212)

000000: 2:57:03

0000:

00000: 29(of 64)

Senioren M45 (45-49 Jahre)

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	17:41	5:26	37	4:06	121	4:50	3.25	17:41	5:26	37	4:06	121	4:50
00 2	3.25	18:30	5:41	51	4:55	159	5:37	6.50	36:11	5:33	49	9:01	143	10:27
00 3	3.25	19:04	5:51	61	4:57	181	6:14	9.75	55:15	5:40	53	13:58	159	16:41
00 4	3.25	19:47	6:05	61	5:45	189	6:41	13.00	1:15:02	5:46	59	19:43	173	23:22
00 5	3.25	19:19	5:56	61	5:09	177	6:36	16.25	1:34:21	5:48	59	24:52	177	29:28
00 6	3.25	19:51	6:06	61	5:42	179	6:41	19.50	1:54:12	5:51	59	30:34	179	36:09
00 7	3.25	20:03	6:10	57	5:24	167	6:40	22.75	2:14:15	5:54	61	35:58	181	42:49
00 8	3.25	20:35	6:19	53	5:51	169	19:51	26.00	2:34:50	5:57	61	41:49	181	49:46
00 9	3.25	21:22	6:34	55	6:16	169	7:39	29.25	2:56:12	6:01	61	48:01	181	57:20
00 10	3.25	21:28	6:36	49	6:01	163	7:43	32.50	3:17:40	6:04	59	53:50	177	1:04:36
00 11	3.25	22:22	6:52	51	7:14	165	8:37	35.75	3:40:02	6:09	57	59:49	175	1:12:15
00 12	3.25	22:59	7:04	47	7:55	151	9:24	39.00	4:03:01	6:13	57	1:06:21	173	1:20:34
000 00	3.25	23:08	7:07	49	8:26	161	9:16	42.25	4:26:09	6:17	57	1:13:05	173	1:29:06