



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

□□□□

Alabor, Erik

□□: Biel-Benken

□□: 57

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:34:35

□□: 9.18 km/h

□□□□: 6:30 min/km

□□□□□/□□□□: 205 (of 250)

□□□□□/□: 92 (of 212)

□□□□□□: 2:57:03

□□□□□: 31(of 64)

□□□□□□□: 3:13:04

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:58 | 5:31 | 41 | 4:23 | 129 | 5:07 | 3.25 | 17:58 | 5:31 | 41 | 4:23 | 129 | 5:07 | |
| □□ 2 | 3.25 | 17:09 | 5:16 | 27 | 3:34 | 101 | 4:16 | 6.50 | 35:07 | 5:24 | 35 | 7:57 | 115 | 9:23 | |
| □□ 3 | 3.25 | 17:32 | 5:23 | 35 | 3:25 | 115 | 4:42 | 9.75 | 52:39 | 5:23 | 39 | 11:22 | 121 | 14:05 | |
| □□ 4 | 3.25 | 18:35 | 5:43 | 51 | 4:33 | 147 | 5:29 | 13.00 | 1:11:14 | 5:28 | 41 | 15:55 | 123 | 19:34 | |
| □□ 5 | 3.25 | 18:55 | 5:49 | 59 | 4:45 | 169 | 6:12 | 16.25 | 1:30:09 | 5:32 | 47 | 20:40 | 137 | 25:16 | |
| □□ 6 | 3.25 | 19:09 | 5:53 | 55 | 5:00 | 165 | 5:59 | 19.50 | 1:49:18 | 5:36 | 51 | 25:40 | 143 | 31:15 | |
| □□ 7 | 3.25 | 20:00 | 6:09 | 53 | 5:21 | 163 | 6:37 | 22.75 | 2:09:18 | 5:41 | 53 | 31:01 | 145 | 37:52 | |
| □□ 8 | 3.25 | 21:18 | 6:33 | 57 | 6:34 | 183 | 20:34 | 26.00 | 2:30:36 | 5:47 | 53 | 37:35 | 155 | 45:32 | |
| □□ 9 | 3.25 | 23:49 | 7:19 | 63 | 8:43 | 197 | 10:06 | 29.25 | 2:54:25 | 5:57 | 59 | 46:14 | 175 | 55:33 | |
| □□ 10 | 3.25 | 25:45 | 7:55 | 63 | 10:18 | 207 | 12:00 | 32.50 | 3:20:10 | 6:09 | 61 | 56:20 | 183 | 1:07:06 | |
| □□ 11 | 3.25 | 19:53 | 6:07 | 37 | 4:45 | 107 | 6:08 | 35.75 | 3:40:03 | 6:09 | 59 | 59:50 | 177 | 1:12:16 | |
| □□ 12 | 3.25 | 28:31 | 8:46 | 63 | 13:27 | 205 | 14:56 | 39.00 | 4:08:34 | 6:22 | 61 | 1:11:54 | 185 | 1:26:07 | |
| □□□ □□ | 3.25 | 26:01 | 8:00 | 59 | 11:19 | 187 | 12:09 | 42.25 | 4:34:35 | 6:29 | 61 | 1:21:31 | 183 | 1:37:32 | |