



# 9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

**Albrecht, Mirko**

000: 46:41

00: Friesisches Brauhaus zu Jever

00: 11.57 km/h

00: 1014

0000: 4:47 min/km

00: 9.75 km

00000/000: 95 (of 326)

10 km Lauf

00000/0: 45 (of 246)

000000: 34:12

0000:

00000: 6(of 24)

Senioren M35 (35-39 Jahre)

0000000: 39:37

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 | 15:32 | 4:46   | 15 | 2:51 | 111 | 4:29 | 3.25 | 15:32 | 4:46   | 15 | 2:51 | 111 | 4:29  |
| 00 2   | 3.25 | 15:51 | 4:52   | 9  | 2:24 | 87  | 4:14 | 6.50 | 31:23 | 4:49   | 13 | 5:15 | 99  | 8:42  |
| 000 00 | 3.25 | 15:18 | 4:42   | 9  | 1:49 | 59  | 3:49 | 9.75 | 46:41 | 4:47   | 11 | 7:04 | 89  | 12:29 |