



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Kahmann, Katja

00: Bucklige Brotspinne

00: 154

00: 42.25 km

Marathon

0000:

Seniorinnen W40 (40-44 Jahre)

000: 4:41:59

00: 8.94 km/h

0000: 6:40 min/km

00000/0000: 221 (of 250)

00000/0: 15 (of 38)

000000: 3:35:32

00000: 3(of 6)

0000000: 3:35:32

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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	18:51	5:48	5	3:18	25	3:18	3.25	18:51	5:48	5	3:18	25	3:18
00 2	3.25	20:03	6:10	5	4:57	31	4:57	6.50	38:54	5:59	5	8:15	29	8:15
00 3	3.25	20:28	6:17	5	5:27	31	5:27	9.75	59:22	6:05	5	13:42	29	13:42
00 4	3.25	20:38	6:20	5	5:18	31	5:18	13.00	1:20:00	6:09	5	19:00	29	19:00
00 5	3.25	20:45	6:23	5	4:40	29	4:40	16.25	1:40:45	6:12	5	23:40	29	23:40
00 6	3.25	22:30	6:55	5	6:00	33	6:00	19.50	2:03:15	6:19	5	29:40	29	29:40
00 7	3.25	21:13	6:31	5	5:30	23	5:30	22.75	2:24:28	6:21	5	35:10	29	35:10
00 8	3.25	22:44	6:59	5	6:11	31	6:11	26.00	2:47:12	6:25	5	41:21	29	41:21
00 9	3.25	22:08	6:48	5	4:36	27	4:36	29.25	3:09:20	6:28	5	45:57	31	45:57
00 10	3.25	22:42	6:59	3	5:03	23	5:03	32.50	3:32:02	6:31	5	51:00	31	51:00
00 11	3.25	22:50	7:01	3	4:15	21	5:01	35.75	3:54:52	6:34	5	55:15	29	55:15
00 12	3.25	23:16	7:09	3	3:58	25	5:38	39.00	4:18:08	6:37	5	59:13	29	59:13
000 00	3.25	23:51	7:20	5	7:14	33	7:14	42.25	4:41:59	6:40	5	1:06:27	29	1:06:27