



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Gies, Stefan

000: 4:52:49

00: Reisegruppe Schlemmerblock

00: 8.61 km/h

00: 108

0000: 6:56 min/km

00: 42.25 km

00000/000: 233 (of 250)

Marathon

00000/0: 100 (of 212)

000000: 2:57:03

0000:

00000: 15(of 36)

Senioren M50 (50-54 Jahre)

0000000: 3:06:27

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0000

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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	18:09	5:35	23	4:03	147	5:18	3.25	18:09	5:35	23	4:03	147	5:18
00 2	3.25	18:35	5:43	23	4:27	165	5:42	6.50	36:44	5:39	23	8:30	161	11:00
00 3	3.25	19:58	6:08	27	5:34	195	7:08	9.75	56:42	5:48	25	14:04	175	18:08
00 4	3.25	19:33	6:00	27	5:26	183	6:27	13.00	1:16:15	5:51	25	19:30	181	24:35
00 5	3.25	20:51	6:24	31	6:46	201	8:08	16.25	1:37:06	5:58	27	26:16	189	32:13
00 6	3.25	21:43	6:40	33	7:41	203	8:33	19.50	1:58:49	6:05	27	33:57	191	40:46
00 7	3.25	23:11	7:08	33	9:18	205	9:48	22.75	2:22:00	6:14	27	43:15	195	50:34
00 8	3.25	23:18	7:10	31	22:34	199	22:34	26.00	2:45:18	6:21	29	52:42	197	1:00:14
00 9	3.25	24:03	7:24	31	9:57	199	10:20	29.25	3:09:21	6:28	29	1:02:39	197	1:10:29
00 10	3.25	24:24	7:30	29	10:07	195	10:39	32.50	3:33:45	6:34	31	1:12:46	197	1:20:41
00 11	3.25	25:59	7:59	31	10:59	201	12:14	35.75	3:59:44	6:42	31	1:23:45	201	1:31:57
00 12	3.25	26:23	8:07	31	11:08	197	12:48	39.00	4:26:07	6:49	31	1:34:53	201	1:43:40
000 00	3.25	26:42	8:12	25	11:29	189	12:50	42.25	4:52:49	6:55	29	1:46:22	199	1:55:46