



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Kister, Marco

000: 5:02:34

00: Computer Kister

00: 8.33 km/h

00: 20

0000: 7:10 min/km

00: 42.25 km

00000/000: 239 (of 250)

Marathon

00000/0: 103 (of 212)

000000: 2:57:03

0000:

00000: 10(of 20)

Senioren M35 (35-39 Jahre)

0000000: 2:57:03

0000

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	19:46	6:04	17	6:55	205	6:55	3.25	19:46	6:04	17	6:55	205	6:55
00 2	3.25	19:53	6:07	17	7:00	199	7:00	6.50	39:39	6:05	17	13:55	201	13:55
00 3	3.25	20:14	6:13	17	7:24	201	7:24	9.75	59:53	6:08	17	21:19	201	21:19
00 4	3.25	20:33	6:19	19	7:27	203	7:27	13.00	1:20:26	6:11	17	28:46	201	28:46
00 5	3.25	20:58	6:27	17	7:45	205	8:15	16.25	1:41:24	6:14	17	36:31	201	36:31
00 6	3.25	22:27	6:54	19	9:17	207	9:17	19.50	2:03:51	6:21	17	45:48	205	45:48
00 7	3.25	23:35	7:15	19	10:12	209	10:12	22.75	2:27:26	6:28	17	56:00	205	56:00
00 8	3.25	25:23	7:48	19	11:45	211	24:39	26.00	2:52:49	6:38	19	1:07:45	207	1:07:45
00 9	3.25	28:02	8:37	19	14:14	211	14:19	29.25	3:20:51	6:51	19	1:21:59	207	1:21:59
00 10	3.25	27:18	8:24	19	13:06	211	13:33	32.50	3:48:09	7:01	19	1:35:05	209	1:35:05
00 11	3.25	26:27	8:08	17	11:44	205	12:42	35.75	4:14:36	7:07	19	1:46:49	209	1:46:49
00 12	3.25	23:27	7:12	17	8:47	161	9:52	39.00	4:38:03	7:07	19	1:55:36	207	1:55:36
000 00	3.25	24:31	7:32	15	9:55	171	10:39	42.25	5:02:34	7:09	19	2:05:31	205	2:05:31