



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

0000

**POMMER, Mario**

000: 3:23:51

00: Meddys LWT Koblenz

00: 12.36 km/h

00: 17

0000: 4:49 min/km

00: 42.25 km

00000/000: 18 (of 143)

Marathon

00000/0: 18 (of 129)

000000: 2:55:38

0000:

00000: 4(of 17)

Männer M35

0000000: 2:55:38

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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	15:11	4:40	6	2:54	38	2:54	3.25	15:11	4:40	14	-	23	
00 2	3.25	15:14	4:41	5	2:20	32	2:23	6.50	30:25	4:40	14	-	23	
00 3	3.25	15:19	4:42	5	2:24	29	2:24	9.75	45:44	4:41	14	-	23	
00 4	3.25	15:17	4:42	5	2:24	25	2:24	13.00	1:01:01	4:41	14	-	23	
00 5	3.25	15:21	4:43	5	2:20	23	2:20	16.25	1:16:22	4:41	14	-	23	
00 6	3.25	15:23	4:44	5	2:30	21	2:30	19.50	1:31:45	4:42	14	-	23	
00 7	3.25	15:36	4:47	5	2:26	20	2:26	22.75	1:47:21	4:43	14	-	23	
00 8	3.25	15:24	4:44	3	1:52	15	1:52	26.00	2:02:45	4:43	4	18:31	19	18:31
00 9	3.25	16:00	4:55	3	2:22	19	2:22	29.25	2:18:45	4:44	4	20:41	19	20:41
00 10	3.25	15:27	4:45	3	1:24	12	1:24	32.50	2:34:12	4:44	4	22:05	19	22:05
00 11	3.25	15:51	4:52	3	1:43	11	1:43	35.75	2:50:03	4:45	4	23:48	18	23:48
00 12	3.25	16:23	5:02	3	1:40	13	2:32	39.00	3:06:26	4:46	4	25:28	18	25:28
000 00	3.25	17:25	5:21	3	2:45	29	3:50	42.25	3:23:51	4:49	5	32:25	23	54:08