



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

0000

WITZLER, Frank

00: Jogmap

00: 93

00: 42.25 km

Marathon

0000:

Männer M45

000: 3:35:05

00: 11.79 km/h

0000: 5:05 min/km

00000/0000: 30 (of 143)

00000/0: 29 (of 129)

000000: 2:55:38

00000: 15(of 38)

0000000: 2:59:52

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	16:50	5:10	23	3:52	65	4:33	3.25	16:50	5:10	36	-	35	0:20
00 2	3.25	17:29	5:22	26	4:19	68	4:38	6.50	34:19	5:16	36	-	35	0:20
00 3	3.25	16:46	5:09	22	3:31	53	3:51	9.75	51:05	5:14	2	-	35	
00 4	3.25	15:42	4:49	14	2:16	30	2:49	13.00	1:06:47	5:08	36	-	35	
00 5	3.25	15:52	4:52	14	2:17	31	2:51	16.25	1:22:39	5:05	36	-	35	
00 6	3.25	15:50	4:52	12	2:18	28	2:57	19.50	1:38:29	5:03	36	-	35	
00 7	3.25	16:12	4:59	14	2:30	34	3:02	22.75	1:54:41	5:02	36	-	35	
00 8	3.25	16:25	5:03	13	2:38	31	2:53	26.00	2:11:06	5:02	36	-	31	26:52
00 9	3.25	16:34	5:05	11	2:48	26	2:56	29.25	2:27:40	5:02	36	-	31	29:36
00 10	3.25	16:51	5:11	13	2:43	23	2:48	32.50	2:44:31	5:03	35	-	30	32:24
00 11	3.25	16:37	5:06	8	2:27	18	2:29	35.75	3:01:08	5:03	33	-	29	34:53
00 12	3.25	17:25	5:21	12	3:34	23	3:34	39.00	3:18:33	5:05	33	-	29	37:35
000 00	3.25	16:32	5:05	13	2:57	22	2:57	42.25	3:35:05	5:05	17	35:13	35	1:05:22