



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

0000

TOPPEL, Jörg

000: 3:53:38

00: Laufftreff Bentwischer Wald

00: 10.79 km/h

00: 39

0000: 5:32 min/km

00: 42.25 km

00000/000: 51 (of 143)

Marathon

00000/0: 49 (of 129)

000000: 2:55:38

0000:

00000: 10(of 23)

Männer M40

0000000: 3:12:05

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	18:03	5:33	17	4:29	91	5:46	3.25	18:03	5:33	1	-	55	1:33
00 2	3.25	17:48	5:28	15	4:07	77	4:57	6.50	35:51	5:30	1	-	55	1:52
00 3	3.25	17:14	5:18	13	3:12	63	4:19	9.75	53:05	5:26	1	-	55	1:01
00 4	3.25	17:02	5:14	11	2:59	56	4:09	13.00	1:10:07	5:23	1	-	55	
00 5	3.25	17:02	5:14	12	2:50	57	4:01	16.25	1:27:09	5:21	1	-	55	
00 6	3.25	16:55	5:12	9	2:28	42	4:02	19.50	1:44:04	5:20	1	-	55	
00 7	3.25	16:48	5:10	9	2:15	43	3:38	22.75	2:00:52	5:18	1	-	55	
00 8	3.25	17:12	5:17	9	2:33	42	3:40	26.00	2:18:04	5:18	13	5:59	51	33:50
00 9	3.25	17:15	5:18	6	2:24	35	3:37	29.25	2:35:19	5:18	13	3:57	51	37:15
00 10	3.25	18:30	5:41	8	3:16	50	4:27	32.50	2:53:49	5:20	13	2:33	50	41:42
00 11	3.25	19:11	5:54	8	3:35	45	5:03	35.75	3:13:00	5:23	13		49	46:45
00 12	3.25	20:18	6:14	10	4:11	57	6:27	39.00	3:33:18	5:28	13		49	52:20
000 00	3.25	20:20	6:15	11	4:17	66	6:45	42.25	3:53:38	5:31	12	1:21:58	55	1:23:55