



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

0000

HARDT, Frank

00: Jogmap

00: 53

00: 42.25 km

Marathon

0000:

Männer M40

000: 3:59:02

00: 10.54 km/h

0000: 5:40 min/km

00000/0000: 64 (of 143)

00000/0: 62 (of 129)

000000: 2:55:38

00000: 12(of 23)

0000000: 3:12:05

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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	16:48	5:10	14	3:14	64	4:31	3.25	16:48	5:10	11		68	0:18
00 2	3.25	17:31	5:23	13	3:50	71	4:40	6.50	34:19	5:16	11		35	0:20
00 3	3.25	17:40	5:26	14	3:38	72	4:45	9.75	51:59	5:19	11		68	
00 4	3.25	18:15	5:36	15	4:12	82	5:22	13.00	1:10:14	5:24	11	0:07	68	
00 5	3.25	18:36	5:43	19	4:24	92	5:35	16.25	1:28:50	5:28	11	1:41	68	
00 6	3.25	18:09	5:35	13	3:42	73	5:16	19.50	1:46:59	5:29	11	2:55	68	
00 7	3.25	18:06	5:34	12	3:33	65	4:56	22.75	2:05:05	5:29	11	4:13	68	
00 8	3.25	18:37	5:43	11	3:58	66	5:05	26.00	2:23:42	5:31	11	11:37	64	39:28
00 9	3.25	19:16	5:55	11	4:25	68	5:38	29.25	2:42:58	5:34	11	11:36	64	44:54
00 10	3.25	19:14	5:55	11	4:00	59	5:11	32.50	3:02:12	5:36	11	10:56	63	50:05
00 11	3.25	19:22	5:57	10	3:46	50	5:14	35.75	3:21:34	5:38	11	6:54	62	55:19
00 12	3.25	19:03	5:51	7	2:56	44	5:12	39.00	3:40:37	5:39	11	4:43	62	59:39
000 00	3.25	18:25	5:40	6	2:22	40	4:50	42.25	3:59:02	5:39	14	1:27:22	68	1:29:19