



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

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HAMM, Carmen

00: jogmap

00: 152

00: 42.25 km

Marathon

0000:

Frauen W45

000: 3:59:02

00: 10.54 km/h

0000: 5:40 min/km

00000/0000: 65 (of 143)

00000/0: 3 (of 14)

000000: 3:25:50

00000: 1(of 3)

0000000: 3:59:02

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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	1	-	4	2:02	3.25	16:50	5:10	1	-	4	
00 2	3.25	17:29	5:22	1	-	5	2:39	6.50	34:19	5:16	1	-	3	4:41
00 3	3.25	17:40	5:26	1	-	5	2:42	9.75	51:59	5:19	1	-	3	7:23
00 4	3.25	18:15	5:36	1	-	5	2:59	13.00	1:10:14	5:24	1	-	3	10:22
00 5	3.25	18:36	5:43	1	-	6	3:14	16.25	1:28:50	5:28	1	-	3	13:36
00 6	3.25	18:09	5:35	1	-	3	2:42	19.50	1:46:59	5:29	1	-	3	16:18
00 7	3.25	18:06	5:34	1	-	4	2:11	22.75	2:05:05	5:29	1	-	3	18:29
00 8	3.25	18:37	5:43	1	-	4	2:25	26.00	2:23:42	5:31	1	-	3	20:54
00 9	3.25	19:16	5:55	1	-	4	2:53	29.25	2:42:58	5:34	1	-	3	23:47
00 10	3.25	19:14	5:55	1	-	4	2:43	32.50	3:02:12	5:36	1	-	3	26:30
00 11	3.25	19:22	5:57	1	-	4	2:19	35.75	3:21:34	5:38	1	-	3	28:49
00 12	3.25	19:03	5:51	1	-	4	2:19	39.00	3:40:37	5:39	1	-	3	31:08
000 00	3.25	18:25	5:40	1	-	4	2:04	42.25	3:59:02	5:39	1	-	4	3:10:58