



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

0000

ZINDEL, Volker

00: Bad Hersfeld

00: 96

00: 42.25 km

Marathon

0000:

Männer M50

000: 4:26:01

00: 9.47 km/h

0000: 6:18 min/km

00000/0000: 104 (of 143)

00000/0: 97 (of 129)

000000: 2:55:38

00000: 16(of 20)

0000000: 3:09:03

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	18:10	5:35	15	4:56	94	5:53	3.25	18:10	5:35	7	1:54	101	1:40
00 2	3.25	19:16	5:55	17	5:25	106	6:25	6.50	37:26	5:45	7	4:12	101	3:27
00 3	3.25	19:58	6:08	18	5:51	115	7:03	9.75	57:24	5:53	7	6:49	101	5:20
00 4	3.25	20:09	6:11	17	5:54	109	7:16	13.00	1:17:33	5:57	7	9:32	101	7:02
00 5	3.25	19:59	6:08	17	5:37	112	6:58	16.25	1:37:32	6:00	7	11:49	101	8:27
00 6	3.25	20:18	6:14	19	5:47	110	7:25	19.50	1:57:50	6:02	7	13:52	101	9:38
00 7	3.25	20:38	6:20	17	5:57	106	7:28	22.75	2:18:28	6:05	7	15:07	101	9:53
00 8	3.25	20:37	6:20	17	5:46	96	7:05	26.00	2:39:05	6:07	7	16:29	97	54:51
00 9	3.25	21:00	6:27	16	6:03	97	7:22	29.25	3:00:05	6:09	7	18:03	97	1:02:01
00 10	3.25	21:41	6:40	16	6:41	96	7:38	32.50	3:21:46	6:12	7	19:42	96	1:09:39
00 11	3.25	21:27	6:35	14	6:19	79	7:19	35.75	3:43:13	6:14	7	21:01	95	1:16:58
00 12	3.25	21:26	6:35	13	6:15	75	7:35	39.00	4:04:39	6:16	7	22:15	95	1:23:41
000 00	3.25	21:22	6:34	13	6:27	77	7:47	42.25	4:26:01	6:17	16	1:16:58	103	1:56:18