



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

MEYER, Hans-Joachim

□□□: 4:56:21

□□: 100 Marathon Club

□□: 8.50 km/h

□□: 136

□□□□: 7:01 min/km

□□: 42.25 km

□□□□□/□□□: 122 (of 143)

Marathon

□□□□□/□: 114 (of 129)

□□□□□□: 2:55:38

□□□□:

□□□□□: 3(of 3)

Männer M70

□□□□□□□: 4:17:23

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:13	6:13	3	2:27	122	7:56	3.25	20:13	6:13	3	2:27	120	3:43	
□□ 2	3.25	20:31	6:18	3	1:55	120	7:40	6.50	40:44	6:15	3	4:22	120	6:45	
□□ 3	3.25	20:31	6:18	3	1:45	120	7:36	9.75	1:01:15	6:16	3	6:07	120	9:11	
□□ 4	3.25	21:27	6:35	3	2:59	121	8:34	13.00	1:22:42	6:21	3	9:06	120	12:11	
□□ 5	3.25	21:26	6:35	3	2:24	120	8:25	16.25	1:44:08	6:24	3	11:30	120	15:03	
□□ 6	3.25	21:37	6:39	3	2:36	118	8:44	19.50	2:05:45	6:26	3	14:06	120	17:33	
□□ 7	3.25	23:31	7:14	3	4:05	124	10:21	22.75	2:29:16	6:33	3	18:11	120	20:41	
□□ 8	3.25	22:52	7:02	2	3:16	113	9:20	26.00	2:52:08	6:37	3	21:27	116	1:07:54	
□□ 9	3.25	23:27	7:12	2	2:58	115	9:49	29.25	3:15:35	6:41	3	24:25	116	1:17:31	
□□ 10	3.25	23:56	7:21	2	3:42	109	9:53	32.50	3:39:31	6:45	3	28:07	115	1:27:24	
□□ 11	3.25	25:35	7:52	2	4:32	112	11:27	35.75	4:05:06	6:51	3	32:39	114	1:38:51	
□□ 12	3.25	25:19	7:47	2	3:59	109	11:28	39.00	4:30:25	6:56	3	36:38	114	1:49:27	
□□□ □□	3.25	25:56	7:58	2	2:20	117	12:21	42.25	4:56:21	7:00	3	38:58	120	2:26:38	