



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Hellmich, Carsten

000: 1:50:32

00: TSG Wellerode

00: 11.94 km/h

00: 65

0000: 4:52 min/km

00: 22.75 km

00000/000: 19 (of 128)

Halbmarathon

00000/0: 19 (of 109)

000000: 1:26:57

0000:

00000: 4(of 14)

Senioren M35 (35-39 Jahre)

0000000: 1:26:57

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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	14:03	4:19	4	1:47	11	1:47	3.25	14:03	4:19	4	1:47	27	14:03
00 2	3.25	14:20	4:24	4	2:03	14	2:03	6.50	28:23	4:21	4	3:50	27	28:23
00 3	3.25	15:56	4:54	5	3:45	21	3:45	9.75	44:19	4:32	4	7:35	24	44:19
00 4	3.25	16:18	5:00	5	4:06	27	4:06	13.00	1:00:37	4:39	4	11:41	23	1:00:37
00 5	3.25	16:24	5:02	4	3:49	22	3:49	16.25	1:17:01	4:44	4	15:30	22	1:02:12
00 6	3.25	16:39	5:07	4	4:01	20	4:01	19.50	1:33:40	4:48	4	19:31	21	1:01:00
000 00	3.25	16:52	5:11	3	4:04	24	16:27	22.75	1:50:32	4:51	4	23:35	25	1:06:08