



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Ullrich, Jürgen

00: Bebra-Weiterode

00: 449

00: 9.75 km

10 km Lauf

0000:

Senioren M40 (40-44 Jahre)

000: 44:33

00: 12.12 km/h

0000: 4:34 min/km

00000/0000: 18 (of 149)

00000/0: 17 (of 105)

000000: 32:58

00000: 6(of 24)

0000000: 32:58

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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 | 14:27 | 4:26 | 6 | 4:12 | 16 | 4:12 | 3.25 | 14:27 | 4:26 | 19 | | 18 | 4:12 |
| 00 2 | 3.25 | 15:03 | 4:37 | 6 | 1:17 | 18 | 3:16 | 6.50 | 29:30 | 4:32 | 18 | | 17 | 4:45 |
| 000 00 | 3.25 | 15:03 | 4:37 | 6 | 6:50 | 17 | 6:50 | 9.75 | 44:33 | 4:34 | 6 | 11:35 | 17 | 11:35 |