



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

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Kuschmierz, Heiko

□□□: 3:39:45

□□: FV Zabeltitz

□□: 11.47 km/h

□□: 530

□□□□: 5:12 min/km

□□: 42.25 km

□□□□□/□□□: 32 (of 148)

Marathon

□□□□□/□: 32 (of 130)

□□□□□□: 2:45:50

□□□□:

□□□□□: 6(of 28)

Senioren M40 (40-44 Jahre)

□□□□□□□: 2:51:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	14:59	4:36	8	2:11	31	2:43	3.25	14:59	4:36	28	-	2	2:11
□□ 2	3.25	15:27	4:45	8	2:03	38	2:49	6.50	30:26	4:40	28	-	2	4:14
□□ 3	3.25	15:45	4:50	9	2:44	40	3:14	9.75	46:11	4:44	28	-	2	5:54
□□ 4	3.25	15:50	4:52	9	2:53	38	3:19	13.00	1:02:01	4:46	28	-	2	7:13
□□ 5	3.25	15:55	4:53	8	2:47	33	3:18	16.25	1:17:56	4:47	28	-	2	8:05
□□ 6	3.25	15:48	4:51	5	2:53	24	3:10	19.50	1:33:44	4:48	28	-	2	7:02
□□ 7	3.25	15:53	4:53	5	2:35	25	3:13	22.75	1:49:37	4:49	28	-	2	4:57
□□ 8	3.25	16:17	5:00	6	2:59	24	3:40	26.00	2:05:54	4:50	15	-	1	-
□□ 9	3.25	16:57	5:12	6	3:45	25	4:14	29.25	2:22:51	4:53	15	-	1	-
□□ 10	3.25	17:47	5:28	7	4:22	34	4:58	32.50	2:40:38	4:56	15	-	1	-
□□ 11	3.25	19:31	6:00	14	6:17	57	6:29	35.75	3:00:09	5:02	15	-	1	-
□□ 12	3.25	19:52	6:06	13	6:25	57	6:28	39.00	3:20:01	5:07	15	-	1	-
□□□ □□	3.25	19:44	6:04	13	19:27	57	19:27	42.25	3:39:45	5:12	7	1:54:48	35	3:19:34