



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Weber, Andre

00: Lauffreunde Osterholz

00: 540

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:27:31

00: 12.14 km/h

0000: 4:55 min/km

00000/0000: 19 (of 148)

00000/0: 19 (of 130)

000000: 2:45:50

00000: 3(of 28)

0000000: 2:51:44

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	15:00	4:36	9	2:12	33	2:44	3.25	15:00	4:36	25	-	22	2:12
00 2	3.25	15:39	4:48	10	2:15	43	3:01	6.50	30:39	4:42	25	-	22	4:27
00 3	3.25	15:30	4:46	8	2:29	36	2:59	9.75	46:09	4:44	25	-	22	5:52
00 4	3.25	15:34	4:47	8	2:37	30	3:03	13.00	1:01:43	4:44	25	-	22	6:55
00 5	3.25	15:17	4:42	4	2:09	21	2:40	16.25	1:17:00	4:44	25	-	22	7:09
00 6	3.25	15:03	4:37	2	2:08	16	2:25	19.50	1:32:03	4:43	25	-	22	5:21
00 7	3.25	15:08	4:39	3	1:50	17	2:28	22.75	1:47:11	4:42	25	-	22	2:31
00 8	3.25	15:37	4:48	4	2:19	20	3:00	26.00	2:02:48	4:43	25	-	21	
00 9	3.25	16:04	4:56	5	2:52	19	3:21	29.25	2:18:52	4:44	25	-	21	
00 10	3.25	16:32	5:05	4	3:07	20	3:43	32.50	2:35:24	4:46	25	-	21	
00 11	3.25	17:10	5:16	5	3:56	21	4:08	35.75	2:52:34	4:49	25	-	21	
00 12	3.25	17:50	5:29	8	4:23	29	4:26	39.00	3:10:24	4:52	25	-	20	
000 00	3.25	17:07	5:15	8	16:50	24	16:50	42.25	3:27:31	4:54	4	1:42:34	22	3:07:20