



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Pommer, Mario

□□: Meddys LWT Koblenz

□□: 579

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:32:55

□□: 11.84 km/h

□□□□: 5:02 min/km

□□□□□/□□□□: 22 (of 148)

□□□□□□/□: 22 (of 130)

□□□□□□: 2:45:50

□□□□□: 4(of 28)

□□□□□□□: 2:51:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:50	4:52	14	3:02	57	3:34	3.25	15:50	4:52	24	-	-	25	3:02
□□ 2	3.25	15:51	4:52	11	2:27	45	3:13	6.50	31:41	4:52	24	-	-	25	5:29
□□ 3	3.25	16:07	4:57	11	3:06	50	3:36	9.75	47:48	4:54	24	-	-	25	7:31
□□ 4	3.25	15:57	4:54	10	3:00	40	3:26	13.00	1:03:45	4:54	24	-	-	25	8:57
□□ 5	3.25	15:55	4:53	8	2:47	33	3:18	16.25	1:19:40	4:54	24	-	-	25	9:49
□□ 6	3.25	15:50	4:52	7	2:55	27	3:12	19.50	1:35:30	4:53	24	-	-	25	8:48
□□ 7	3.25	16:20	5:01	8	3:02	33	3:40	22.75	1:51:50	4:54	24	-	-	25	7:10
□□ 8	3.25	15:41	4:49	5	2:23	21	3:04	26.00	2:07:31	4:54	24	-	-	24	1:37
□□ 9	3.25	15:50	4:52	4	2:38	17	3:07	29.25	2:23:21	4:54	24	-	-	24	0:30
□□ 10	3.25	16:20	5:01	3	2:55	15	3:31	32.50	2:39:41	4:54	24	-	-	24	
□□ 11	3.25	17:02	5:14	4	3:48	19	4:00	35.75	2:56:43	4:56	24	-	-	24	
□□ 12	3.25	17:40	5:26	7	4:13	26	4:16	39.00	3:14:23	4:59	24	-	-	23	
□□□ □□	3.25	18:32	5:42	9	18:15	40	18:15	42.25	3:32:55	5:02	5	1:47:58	25	3:12:44	