



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

loeber, ralf

00: duesseldorf

00: 649

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 3:37:33

00: 11.58 km/h

0000: 5:09 min/km

00000/000: 28 (of 148)

00000/0: 28 (of 130)

000000: 2:45:50

00000: 8(of 24)

0000000: 2:45:50

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	16:40	5:07	12	4:24	63	4:24	3.25	16:40	5:07	17	0:37	31	3:52
00 2	3.25	16:12	4:59	13	3:34	58	3:34	6.50	32:52	5:03	17	0:42	31	6:40
00 3	3.25	16:14	4:59	13	3:32	55	3:43	9.75	49:06	5:02	17	0:56	31	8:49
00 4	3.25	16:17	5:00	12	3:39	51	3:46	13.00	1:05:23	5:01	17	1:08	31	10:35
00 5	3.25	16:19	5:01	12	3:42	52	3:42	16.25	1:21:42	5:01	17	1:26	31	11:51
00 6	3.25	16:28	5:03	12	3:50	44	3:50	19.50	1:38:10	5:02	17	1:53	31	11:28
00 7	3.25	16:07	4:57	8	3:27	28	3:27	22.75	1:54:17	5:01	17	1:31	31	9:37
00 8	3.25	16:34	5:05	8	3:57	29	3:57	26.00	2:10:51	5:01	17	1:09	30	4:57
00 9	3.25	17:07	5:15	8	4:24	29	4:24	29.25	2:27:58	5:03	17	0:35	30	5:07
00 10	3.25	17:22	5:20	8	4:33	28	4:33	32.50	2:45:20	5:05	16		30	4:42
00 11	3.25	17:11	5:17	6	4:09	22	4:09	35.75	3:02:31	5:06	16		30	2:22
00 12	3.25	17:15	5:18	5	3:51	19	3:51	39.00	3:19:46	5:07	16		29	
000 00	3.25	17:47	5:28	6	4:42	29	17:30	42.25	3:37:33	5:08	9	3:17:22	31	3:17:22