



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Weinknecht, Axel

□□□: 3:37:35

□□: Berlin

□□: 11.58 km/h

□□: 665

□□□□: 5:09 min/km

□□: 42.25 km

□□□□□/□□□: 30 (of 148)

Marathon

□□□□□/□: 30 (of 130)

□□□□□□: 2:45:50

□□□□:

□□□□□: 5(of 28)

Senioren M45 (45-49 Jahre)

□□□□□□□: 2:59:43

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:47	4:51	10	3:03	56	3:31	3.25	15:47	4:51	25	-	-	33	2:59
□□ 2	3.25	15:18	4:42	4	2:24	34	2:40	6.50	31:05	4:46	25	-	-	33	4:53
□□ 3	3.25	15:29	4:45	5	2:16	35	2:58	9.75	46:34	4:46	25	-	-	33	6:17
□□ 4	3.25	15:43	4:50	6	2:12	35	3:12	13.00	1:02:17	4:47	25	-	-	33	7:29
□□ 5	3.25	16:48	5:10	10	3:17	59	4:11	16.25	1:19:05	4:51	25	-	-	33	9:14
□□ 6	3.25	16:01	4:55	4	2:21	31	3:23	19.50	1:35:06	4:52	25	-	-	33	8:24
□□ 7	3.25	16:59	5:13	8	3:16	50	4:19	22.75	1:52:05	4:55	25	-	-	33	7:25
□□ 8	3.25	16:26	5:03	4	2:37	27	3:49	26.00	2:08:31	4:56	25	-	-	32	2:37
□□ 9	3.25	17:01	5:14	5	3:01	28	4:18	29.25	2:25:32	4:58	25	-	-	32	2:41
□□ 10	3.25	16:59	5:13	4	2:39	25	4:10	32.50	2:42:31	5:00	24	-	-	32	1:53
□□ 11	3.25	17:55	5:30	4	3:17	30	4:53	35.75	3:00:26	5:02	24	-	-	32	0:17
□□ 12	3.25	18:41	5:44	5	3:42	37	5:17	39.00	3:19:07	5:06	24	-	-	31	
□□□ □□	3.25	18:28	5:40	7	3:47	39	18:11	42.25	3:37:35	5:08	5	37:52	33	3:17:24	