



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Härtel, Thomas

□□□: 3:43:52

□□: Lauffreß Butzbach

□□: 11.26 km/h

□□: 544

□□□□: 5:18 min/km

□□: 42.25 km

□□□□□/□□□: 43 (of 148)

Marathon

□□□□□/□: 42 (of 130)

□□□□□□: 2:45:50

□□□□:

□□□□□: 8(of 28)

Senioren M45 (45-49 Jahre)

□□□□□□□: 2:59:43

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:05	4:38	4	2:21	37	2:49	3.25	15:05	4:38	21	-	-	35	2:17
□□ 2	3.25	15:30	4:46	7	2:36	39	2:52	6.50	30:35	4:42	21	-	-	45	4:23
□□ 3	3.25	15:33	4:47	6	2:20	38	3:02	9.75	46:08	4:43	21	-	-	45	5:51
□□ 4	3.25	15:41	4:49	5	2:10	34	3:10	13.00	1:01:49	4:45	21	-	-	45	7:01
□□ 5	3.25	15:54	4:53	5	2:23	31	3:17	16.25	1:17:43	4:46	21	-	-	45	7:52
□□ 6	3.25	16:12	4:59	5	2:32	36	3:34	19.50	1:33:55	4:48	21	-	-	45	7:13
□□ 7	3.25	17:21	5:20	12	3:38	64	4:41	22.75	1:51:16	4:53	21	-	-	45	6:36
□□ 8	3.25	17:27	5:22	9	3:38	54	4:50	26.00	2:08:43	4:57	21	-	-	44	2:49
□□ 9	3.25	18:10	5:35	10	4:10	59	5:27	29.25	2:26:53	5:01	21	-	-	44	4:02
□□ 10	3.25	18:44	5:45	8	4:24	53	5:55	32.50	2:45:37	5:05	21	-	-	43	4:59
□□ 11	3.25	19:23	5:57	8	4:45	54	6:21	35.75	3:05:00	5:10	21	-	-	43	4:51
□□ 12	3.25	19:19	5:56	8	4:20	49	5:55	39.00	3:24:19	5:14	21	-	-	42	4:18
□□□ □□	3.25	19:33	6:00	9	4:52	53	19:16	42.25	3:43:52	5:17	9	44:09	-	46	3:23:41