



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

## Tunder, Hartmut

□□: MTV Aurich

□□: 582

□□: 42.25 km

Marathon

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 3:44:17

□□: 11.24 km/h

□□□□: 5:19 min/km

□□□□□/□□□: 45 (of 148)

□□□□□/□: 44 (of 130)

□□□□□□: 2:45:50

□□□□□: 8(of 21)

□□□□□□□: 3:05:18

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 15:40    | 4:49         | 7       | 2:27    | 52      | 3:24    | 3.25  | 15:40     | 4:49      | 15            | 1:40    | 46      | 2:52    |         |
| □□ 2   | 3.25     | 15:57    | 4:54         | 7       | 2:37    | 47      | 3:19    | 6.50  | 31:37     | 4:51      | 15            | 2:47    | 46      | 5:25    |         |
| □□ 3   | 3.25     | 15:53    | 4:53         | 7       | 2:35    | 45      | 3:22    | 9.75  | 47:30     | 4:52      | 15            | 3:30    | 46      | 7:13    |         |
| □□ 4   | 3.25     | 16:07    | 4:57         | 6       | 2:40    | 46      | 3:36    | 13.00 | 1:03:37   | 4:53      | 15            | 4:13    | 46      | 8:49    |         |
| □□ 5   | 3.25     | 16:12    | 4:59         | 7       | 2:26    | 48      | 3:35    | 16.25 | 1:19:49   | 4:54      | 15            | 5:09    | 46      | 9:58    |         |
| □□ 6   | 3.25     | 16:30    | 5:04         | 7       | 2:40    | 47      | 3:52    | 19.50 | 1:36:19   | 4:56      | 15            | 6:11    | 46      | 9:37    |         |
| □□ 7   | 3.25     | 16:44    | 5:08         | 7       | 2:45    | 42      | 4:04    | 22.75 | 1:53:03   | 4:58      | 15            | 6:42    | 46      | 8:23    |         |
| □□ 8   | 3.25     | 16:43    | 5:08         | 5       | 2:30    | 34      | 4:06    | 26.00 | 2:09:46   | 4:59      | 15            | 6:05    | 45      | 3:52    |         |
| □□ 9   | 3.25     | 17:40    | 5:26         | 8       | 2:59    | 43      | 4:57    | 29.25 | 2:27:26   | 5:02      | 15            | 3:44    | 45      | 4:35    |         |
| □□ 10  | 3.25     | 18:25    | 5:40         | 8       | 3:35    | 50      | 5:36    | 32.50 | 2:45:51   | 5:06      | 15            | 0:41    | 44      | 5:13    |         |
| □□ 11  | 3.25     | 18:52    | 5:48         | 9       | 3:44    | 46      | 5:50    | 35.75 | 3:04:43   | 5:10      | 15            |         | 44      | 4:34    |         |
| □□ 12  | 3.25     | 19:51    | 6:06         | 12      | 3:55    | 56      | 6:27    | 39.00 | 3:24:34   | 5:14      | 15            |         | 43      | 4:33    |         |
| □□□ □□ | 3.25     | 19:43    | 6:03         | 11      | 4:21    | 56      | 19:26   | 42.25 | 3:44:17   | 5:18      | 8             | 38:59   | 48      | 3:24:06 |         |