



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Judenhahn, Holger

00: RTC Bernburger Bären

00: 590

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 3:44:24

00: 11.23 km/h

0000: 5:19 min/km

00000/0000: 46 (of 148)

00000/0: 45 (of 130)

000000: 2:45:50

00000: 3(of 7)

0000000: 3:06:26

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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	15:22	4:43	3	0:55	44	3:06	3.25	15:22	4:43	3	0:55	48	2:34
00 2	3.25	15:35	4:47	2	1:26	42	2:57	6.50	30:57	4:45	3	2:21	48	4:45
00 3	3.25	16:13	4:59	2	2:32	54	3:42	9.75	47:10	4:50	3	4:53	48	6:53
00 4	3.25	16:47	5:09	3	2:48	63	4:16	13.00	1:03:57	4:55	3	7:41	48	9:09
00 5	3.25	16:57	5:12	3	2:50	63	4:20	16.25	1:20:54	4:58	3	10:31	48	11:03
00 6	3.25	16:55	5:12	3	2:27	60	4:17	19.50	1:37:49	5:00	3	12:58	48	11:07
00 7	3.25	17:39	5:25	3	3:14	68	4:59	22.75	1:55:28	5:04	3	16:12	48	10:48
00 8	3.25	17:40	5:26	3	2:49	59	5:03	26.00	2:13:08	5:07	3	19:01	47	7:14
00 9	3.25	18:00	5:32	3	3:21	53	5:17	29.25	2:31:08	5:10	3	22:22	47	8:17
00 10	3.25	18:11	5:35	3	4:03	43	5:22	32.50	2:49:19	5:12	3	26:25	46	8:41
00 11	3.25	18:28	5:40	2	3:55	35	5:26	35.75	3:07:47	5:15	3	30:20	46	7:38
00 12	3.25	18:50	5:47	2	4:24	40	5:26	39.00	3:26:37	5:17	3	34:44	45	6:36
000 00	3.25	17:47	5:28	2	3:14	29	17:30	42.25	3:44:24	5:18	3	37:58	49	3:24:13