



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

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Hölzel, Holger

□□: AQUAMAN Innovation Team

□□: 512

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:48:16

□□: 11.04 km/h

□□□□: 5:24 min/km

□□□□□/□□□□: 52 (of 148)

□□□□□/□: 51 (of 130)

□□□□□□: 2:45:50

□□□□□: 11(of 28)

□□□□□□□: 2:51:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	14:40	4:30	7	1:52	25	2:24	3.25	14:40	4:30	18	-	-	55	1:52
□□ 2	3.25	15:30	4:46	9	2:06	39	2:52	6.50	30:10	4:38	18	-	-	55	3:58
□□ 3	3.25	15:49	4:51	10	2:48	42	3:18	9.75	45:59	4:42	18	-	-	55	5:42
□□ 4	3.25	16:11	4:58	13	3:14	50	3:40	13.00	1:02:10	4:46	18	-	-	55	7:22
□□ 5	3.25	16:40	5:07	16	3:32	58	4:03	16.25	1:18:50	4:51	18	-	-	55	8:59
□□ 6	3.25	16:46	5:09	13	3:51	56	4:08	19.50	1:35:36	4:54	18	-	-	55	8:54
□□ 7	3.25	16:28	5:03	9	3:10	35	3:48	22.75	1:52:04	4:55	18	-	-	55	7:24
□□ 8	3.25	17:32	5:23	12	4:14	56	4:55	26.00	2:09:36	4:59	18	-	-	54	3:42
□□ 9	3.25	17:07	5:15	7	3:55	29	4:24	29.25	2:26:43	5:00	18	-	-	54	3:52
□□ 10	3.25	19:16	5:55	16	5:51	63	6:27	32.50	2:45:59	5:06	18	-	-	53	5:21
□□ 11	3.25	19:21	5:57	12	6:07	53	6:19	35.75	3:05:20	5:11	18	-	-	53	5:11
□□ 12	3.25	20:45	6:23	15	7:18	66	7:21	39.00	3:26:05	5:17	18	-	-	52	6:04
□□□ □□	3.25	22:11	6:49	19	21:54	88	21:54	42.25	3:48:16	5:24	12	2:03:19	-	55	3:28:05