



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

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Hiecke, Jörg

□□: ForumTeam

□□: 528

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 3:50:37

□□: 10.93 km/h

□□□□: 5:28 min/km

□□□□□/□□□□: 56 (of 148)

□□□□□/□: 55 (of 130)

□□□□□□: 2:45:50

□□□□□: 12(of 24)

□□□□□□□: 2:45:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:03	4:56	11	3:47	59	3:47	3.25	16:03	4:56	1	-	58	3:15	
□□ 2	3.25	16:07	4:57	12	3:29	54	3:29	6.50	32:10	4:56	1	-	58	5:58	
□□ 3	3.25	16:00	4:55	11	3:18	47	3:29	9.75	48:10	4:56	1	-	58	7:53	
□□ 4	3.25	16:05	4:56	11	3:27	44	3:34	13.00	1:04:15	4:56	1	-	58	9:27	
□□ 5	3.25	16:01	4:55	9	3:24	39	3:24	16.25	1:20:16	4:56	1	-	58	10:25	
□□ 6	3.25	16:01	4:55	9	3:23	31	3:23	19.50	1:36:17	4:56	1	-	58	9:35	
□□ 7	3.25	16:29	5:04	11	3:49	37	3:49	22.75	1:52:46	4:57	1	-	58	8:06	
□□ 8	3.25	16:56	5:12	11	4:19	39	4:19	26.00	2:09:42	4:59	1	-	57	3:48	
□□ 9	3.25	17:41	5:26	11	4:58	44	4:58	29.25	2:27:23	5:02	1	-	57	4:32	
□□ 10	3.25	18:57	5:49	11	6:08	56	6:08	32.50	2:46:20	5:07	1	-	56	5:42	
□□ 11	3.25	20:33	6:19	14	7:31	73	7:31	35.75	3:06:53	5:13	1	-	56	6:44	
□□ 12	3.25	21:49	6:42	15	8:25	78	8:25	39.00	3:28:42	5:21	1	-	55	8:41	
□□□ □□	3.25	21:55	6:44	15	8:50	83	21:38	42.25	3:50:37	5:27	13	3:30:26	59	3:30:26	