



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

da Conceicao, Toni

00: LSG Goldener Grund

00: 560

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:52:47

00: 10.83 km/h

0000: 5:31 min/km

00000/000: 59 (of 148)

00000/0: 58 (of 130)

000000: 2:45:50

00000: 12(of 28)

0000000: 2:51:44

0000

0000

000

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	14:25	4:26	4	1:37	18	2:09	3.25	14:25	4:26	17	-	62	1:37
00 2	3.25	14:11	4:21	4	0:47	16	1:33	6.50	28:36	4:24	17	-	10	2:24
00 3	3.25	14:44	4:31	5	1:43	20	2:13	9.75	43:20	4:26	17	-	62	3:03
00 4	3.25	15:17	4:42	6	2:20	24	2:46	13.00	58:37	4:30	17	-	62	3:49
00 5	3.25	15:42	4:49	7	2:34	27	3:05	16.25	1:14:19	4:34	17	-	62	4:28
00 6	3.25	15:49	4:51	6	2:54	26	3:11	19.50	1:30:08	4:37	17	-	62	3:26
00 7	3.25	16:07	4:57	7	2:49	28	3:27	22.75	1:46:15	4:40	17	-	62	1:35
00 8	3.25	16:37	5:06	7	3:19	31	4:00	26.00	2:02:52	4:43	17	-	61	
00 9	3.25	17:57	5:31	13	4:45	50	5:14	29.25	2:20:49	4:48	17	-	61	
00 10	3.25	18:51	5:48	14	5:26	55	6:02	32.50	2:39:40	4:54	17	-	59	
00 11	3.25	20:31	6:18	16	7:17	71	7:29	35.75	3:00:11	5:02	17	-	59	0:02
00 12	3.25	24:54	7:39	25	11:27	113	11:30	39.00	3:25:05	5:15	17	-	58	5:04
000 00	3.25	27:42	8:31	28	27:25	126	27:25	42.25	3:52:47	5:30	13	2:07:50	63	3:32:36