



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Finke, Ralf

□□: Trail Team OWL

□□: 618

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:53:03

□□: 10.81 km/h

□□□□: 5:31 min/km

□□□□□/□□□□: 60 (of 148)

□□□□□/□: 59 (of 130)

□□□□□□: 2:45:50

□□□□□: 12(of 28)

□□□□□□□: 2:59:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:28	4:45	8	2:44	47	3:12	3.25	15:28	4:45	17	-	-	63	2:40
□□ 2	3.25	15:14	4:41	3	2:20	33	2:36	6.50	30:42	4:43	17	-	-	63	4:30
□□ 3	3.25	15:25	4:44	3	2:12	31	2:54	9.75	46:07	4:43	17	-	-	63	5:50
□□ 4	3.25	15:34	4:47	4	2:03	30	3:03	13.00	1:01:41	4:44	17	-	-	63	6:53
□□ 5	3.25	15:42	4:49	4	2:11	27	3:05	16.25	1:17:23	4:45	17	-	-	63	7:32
□□ 6	3.25	16:46	5:09	11	3:06	56	4:08	19.50	1:34:09	4:49	17	-	-	63	7:27
□□ 7	3.25	17:17	5:19	10	3:34	59	4:37	22.75	1:51:26	4:53	17	-	-	63	6:46
□□ 8	3.25	17:43	5:27	11	3:54	62	5:06	26.00	2:09:09	4:58	17	-	-	62	3:15
□□ 9	3.25	17:58	5:31	8	3:58	52	5:15	29.25	2:27:07	5:01	17	-	-	62	4:16
□□ 10	3.25	21:11	6:31	17	6:51	88	8:22	32.50	2:48:18	5:10	17	-	-	60	7:40
□□ 11	3.25	21:09	6:30	16	6:31	78	8:07	35.75	3:09:27	5:17	17	-	-	60	9:18
□□ 12	3.25	22:10	6:49	18	7:11	82	8:46	39.00	3:31:37	5:25	17	-	-	59	11:36
□□□ □□	3.25	21:26	6:35	15	6:45	75	21:09	42.25	3:53:03	5:30	13	53:20	-	64	3:32:52