



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Koch, Heico

□□: Berlin

□□: 656

□□: 42.25 km

Marathon

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 3:55:00

□□: 10.72 km/h

□□□□: 5:34 min/km

□□□□□/□□□□: 63 (of 148)

□□□□□/□: 62 (of 130)

□□□□□□: 2:45:50

□□□□□: 14(of 28)

□□□□□□□: 2:51:44

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:59 | 5:13 | 18 | 4:11 | 76 | 4:43 | 3.25 | 16:59 | 5:13 | 1 | - | 66 | 4:11 | |
| □□ 2 | 3.25 | 17:33 | 5:24 | 21 | 4:09 | 87 | 4:55 | 6.50 | 34:32 | 5:18 | 1 | - | 66 | 8:20 | |
| □□ 3 | 3.25 | 17:59 | 5:31 | 21 | 4:58 | 90 | 5:28 | 9.75 | 52:31 | 5:23 | 1 | - | 66 | 12:14 | |
| □□ 4 | 3.25 | 18:11 | 5:35 | 21 | 5:14 | 91 | 5:40 | 13.00 | 1:10:42 | 5:26 | 1 | - | 66 | 15:54 | |
| □□ 5 | 3.25 | 17:57 | 5:31 | 19 | 4:49 | 82 | 5:20 | 16.25 | 1:28:39 | 5:27 | 1 | - | 66 | 18:48 | |
| □□ 6 | 3.25 | 17:50 | 5:29 | 18 | 4:55 | 76 | 5:12 | 19.50 | 1:46:29 | 5:27 | 1 | - | 66 | 19:47 | |
| □□ 7 | 3.25 | 17:20 | 5:19 | 14 | 4:02 | 62 | 4:40 | 22.75 | 2:03:49 | 5:26 | 1 | - | 66 | 19:09 | |
| □□ 8 | 3.25 | 17:43 | 5:27 | 14 | 4:25 | 62 | 5:06 | 26.00 | 2:21:32 | 5:26 | 1 | - | 65 | 15:38 | |
| □□ 9 | 3.25 | 18:05 | 5:33 | 15 | 4:53 | 57 | 5:22 | 29.25 | 2:39:37 | 5:27 | 1 | - | 65 | 16:46 | |
| □□ 10 | 3.25 | 18:10 | 5:35 | 12 | 4:45 | 41 | 5:21 | 32.50 | 2:57:47 | 5:28 | 1 | - | 63 | 17:09 | |
| □□ 11 | 3.25 | 18:29 | 5:41 | 8 | 5:15 | 36 | 5:27 | 35.75 | 3:16:16 | 5:29 | 1 | - | 63 | 16:07 | |
| □□ 12 | 3.25 | 19:12 | 5:54 | 10 | 5:45 | 46 | 5:48 | 39.00 | 3:35:28 | 5:31 | 1 | - | 62 | 15:27 | |
| □□□ □□ | 3.25 | 19:32 | 6:00 | 10 | 19:15 | 50 | 19:15 | 42.25 | 3:55:00 | 5:33 | 15 | 2:10:03 | 67 | 3:34:49 | |