



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Simon, Frank

□□: TuS 1896 Waldböckelheim

□□: 626

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 3:56:25

□□: 10.66 km/h

□□□□: 5:36 min/km

□□□□□/□□□: 67 (of 148)

□□□□□/□: 66 (of 130)

□□□□□□: 2:45:50

□□□□□: 13(of 28)

□□□□□□□: 2:59:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:20	5:19	16	4:36	82	5:04	3.25	17:20	5:19	10	0:39	47	4:32
□□ 2	3.25	16:54	5:11	15	4:00	75	4:16	6.50	34:14	5:15	16	0:46	70	8:02
□□ 3	3.25	16:34	5:05	12	3:21	62	4:03	9.75	50:48	5:12	16	0:10	70	10:31
□□ 4	3.25	17:01	5:14	13	3:30	69	4:30	13.00	1:07:49	5:13	16		70	13:01
□□ 5	3.25	16:57	5:12	12	3:26	63	4:20	16.25	1:24:46	5:12	16		70	14:55
□□ 6	3.25	17:13	5:17	12	3:33	67	4:35	19.50	1:41:59	5:13	16		70	15:17
□□ 7	3.25	17:48	5:28	13	4:05	70	5:08	22.75	1:59:47	5:15	16		70	15:07
□□ 8	3.25	18:25	5:40	13	4:36	74	5:48	26.00	2:18:12	5:18	16		69	12:18
□□ 9	3.25	19:02	5:51	13	5:02	75	6:19	29.25	2:37:14	5:22	16		69	14:23
□□ 10	3.25	19:43	6:03	13	5:23	72	6:54	32.50	2:56:57	5:26	16		67	16:19
□□ 11	3.25	19:57	6:08	13	5:19	65	6:55	35.75	3:16:54	5:30	16		67	16:45
□□ 12	3.25	20:17	6:14	12	5:18	61	6:53	39.00	3:37:11	5:34	16		66	17:10
□□□ □□	3.25	19:14	5:55	8	4:33	49	18:57	42.25	3:56:25	5:35	14	56:42	71	3:36:14