



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Schmidt, Michael

00: Steinhagen

00: 659

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:56:26

00: 10.66 km/h

0000: 5:36 min/km

00000/0000: 68 (of 148)

00000/0: 67 (of 130)

000000: 2:45:50

00000: 16(of 28)

0000000: 2:51:44

0000

0000

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| 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 | 18:00 | 5:32 | 23 | 5:12 | 92 | 5:44 | 3.25 | 18:00 | 5:32 | 13 | 1:01 | 71 | 5:12 |
| 00 2 | 3.25 | 17:07 | 5:15 | 17 | 3:43 | 80 | 4:29 | 6.50 | 35:07 | 5:24 | 13 | 0:35 | 71 | 8:55 |
| 00 3 | 3.25 | 17:18 | 5:19 | 18 | 4:17 | 82 | 4:47 | 9.75 | 52:25 | 5:22 | 13 | | 71 | 12:08 |
| 00 4 | 3.25 | 18:11 | 5:35 | 21 | 5:14 | 91 | 5:40 | 13.00 | 1:10:36 | 5:25 | 13 | | 71 | 15:48 |
| 00 5 | 3.25 | 18:11 | 5:35 | 23 | 5:03 | 89 | 5:34 | 16.25 | 1:28:47 | 5:27 | 13 | 0:08 | 71 | 18:56 |
| 00 6 | 3.25 | 18:22 | 5:39 | 22 | 5:27 | 87 | 5:44 | 19.50 | 1:47:09 | 5:29 | 13 | 0:40 | 71 | 20:27 |
| 00 7 | 3.25 | 18:27 | 5:40 | 21 | 5:09 | 81 | 5:47 | 22.75 | 2:05:36 | 5:31 | 13 | 1:47 | 71 | 20:56 |
| 00 8 | 3.25 | 18:32 | 5:42 | 18 | 5:14 | 76 | 5:55 | 26.00 | 2:24:08 | 5:32 | 13 | 2:36 | 70 | 18:14 |
| 00 9 | 3.25 | 19:07 | 5:52 | 18 | 5:55 | 77 | 6:24 | 29.25 | 2:43:15 | 5:34 | 13 | 3:38 | 70 | 20:24 |
| 00 10 | 3.25 | 19:22 | 5:57 | 17 | 5:57 | 66 | 6:33 | 32.50 | 3:02:37 | 5:37 | 13 | 4:50 | 68 | 21:59 |
| 00 11 | 3.25 | 19:45 | 6:04 | 15 | 6:31 | 62 | 6:43 | 35.75 | 3:22:22 | 5:39 | 13 | 6:06 | 68 | 22:13 |
| 00 12 | 3.25 | 17:24 | 5:21 | 6 | 3:57 | 22 | 4:00 | 39.00 | 3:39:46 | 5:38 | 13 | 4:18 | 67 | 19:45 |
| 000 00 | 3.25 | 16:40 | 5:07 | 7 | 16:23 | 22 | 16:23 | 42.25 | 3:56:26 | 5:35 | 17 | 2:11:29 | 72 | 3:36:15 |