



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Kappler, Thomas

00: Tom-läuft.de

00: 616

00: 42.25 km

Marathon

0000:

Senioren M40 (40-44 Jahre)

000: 3:59:49

00: 10.51 km/h

0000: 5:41 min/km

00000/000: 71 (of 148)

00000/0: 70 (of 130)

000000: 2:45:50

00000: 18(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	19:48	6:05	28	7:00	119	7:32	3.25	19:48	6:05	11	2:49	74	7:00
00 2	3.25	18:37	5:43	27	5:13	102	5:59	6.50	38:25	5:54	11	3:53	74	12:13
00 3	3.25	18:53	5:48	26	5:52	104	6:22	9.75	57:18	5:52	11	4:47	74	17:01
00 4	3.25	19:14	5:55	26	6:17	108	6:43	13.00	1:16:32	5:53	11	5:50	74	21:44
00 5	3.25	19:02	5:51	26	5:54	105	6:25	16.25	1:35:34	5:52	11	6:55	74	25:43
00 6	3.25	19:15	5:55	25	6:20	103	6:37	19.50	1:54:49	5:53	11	8:20	74	28:07
00 7	3.25	18:56	5:49	22	5:38	92	6:16	22.75	2:13:45	5:52	11	9:56	74	29:05
00 8	3.25	18:54	5:48	19	5:36	82	6:17	26.00	2:32:39	5:52	11	11:07	73	26:45
00 9	3.25	19:20	5:56	20	6:08	81	6:37	29.25	2:51:59	5:52	11	12:22	73	29:08
00 10	3.25	18:06	5:34	10	4:41	39	5:17	32.50	3:10:05	5:50	11	12:18	71	29:27
00 11	3.25	16:59	5:13	3	3:45	18	3:57	35.75	3:27:04	5:47	11	10:48	71	26:55
00 12	3.25	16:39	5:07	3	3:12	14	3:15	39.00	3:43:43	5:44	11	8:15	70	23:42
000 00	3.25	16:06	4:57	5	15:49	17	15:49	42.25	3:59:49	5:40	19	2:14:52	75	3:39:38