



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Münster, Markus

□□□: 4:02:12

□□: Jogmap Schleswig-Holstein /TEA

□□: 10.40 km/h

□□: 538

□□□□: 5:44 min/km

□□: 42.25 km

□□□□□/□□□: 76 (of 148)

Marathon

□□□□□/□: 75 (of 130)

□□□□□□: 2:45:50

□□□□:

□□□□□: 19(of 28)

Senioren M40 (40-44 Jahre)

□□□□□□□: 2:51:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:07	4:39	11	2:19	39	2:51	3.25	15:07	4:39	10	-	-	43	2:19
□□ 2	3.25	16:00	4:55	12	2:36	50	3:22	6.50	31:07	4:47	10	-	-	79	4:55
□□ 3	3.25	16:09	4:58	12	3:08	51	3:38	9.75	47:16	4:50	10	-	-	79	6:59
□□ 4	3.25	16:03	4:56	11	3:06	43	3:32	13.00	1:03:19	4:52	10	-	-	79	8:31
□□ 5	3.25	15:59	4:55	10	2:51	36	3:22	16.25	1:19:18	4:52	10	-	-	79	9:27
□□ 6	3.25	16:05	4:56	9	3:10	33	3:27	19.50	1:35:23	4:53	10	-	-	79	8:41
□□ 7	3.25	17:24	5:21	16	4:06	65	4:44	22.75	1:52:47	4:57	10	-	-	79	8:07
□□ 8	3.25	17:42	5:26	13	4:24	60	5:05	26.00	2:10:29	5:01	10	-	-	78	4:35
□□ 9	3.25	17:53	5:30	12	4:41	48	5:10	29.25	2:28:22	5:04	10	-	-	78	5:31
□□ 10	3.25	21:33	6:37	24	8:08	97	8:44	32.50	2:49:55	5:13	10	-	-	76	9:17
□□ 11	3.25	21:21	6:34	19	8:07	82	8:19	35.75	3:11:16	5:21	10	-	-	76	11:07
□□ 12	3.25	27:23	8:25	27	13:56	122	13:59	39.00	3:38:39	5:36	10	3:11	-	75	18:38
□□□ □□	3.25	23:33	7:14	26	23:16	107	23:16	42.25	4:02:12	5:43	20	2:17:15	-	80	3:42:01