



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Witte, Haldor

00: Lean Running BoyZ

00: 548

00: 42.25 km

Marathon

0000:

Senioren M30 (30-34 Jahre)

000: 4:07:59

00: 10.16 km/h

0000: 5:52 min/km

00000/0000: 86 (of 148)

00000/0: 82 (of 130)

000000: 2:45:50

00000: 6(of 9)

0000000: 3:05:24

0000

0000

000

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	15:46	4:51	6	2:44	54	3:30	3.25	15:46	4:51	6	2:44	86	2:58
00 2	3.25	16:33	5:05	6	3:28	64	3:55	6.50	32:19	4:58	6	6:12	86	6:07
00 3	3.25	16:42	5:08	6	4:11	65	4:11	9.75	49:01	5:01	6	10:23	86	8:44
00 4	3.25	17:17	5:19	6	4:46	73	4:46	13.00	1:06:18	5:05	6	15:09	86	11:30
00 5	3.25	17:56	5:31	6	5:17	80	5:19	16.25	1:24:14	5:11	6	20:26	86	14:23
00 6	3.25	18:18	5:37	6	5:20	85	5:40	19.50	1:42:32	5:15	6	25:46	86	15:50
00 7	3.25	18:54	5:48	7	5:23	89	6:14	22.75	2:01:26	5:20	6	31:09	83	16:46
00 8	3.25	17:55	5:30	5	3:55	67	5:18	26.00	2:19:21	5:21	6	35:04	85	13:27
00 9	3.25	18:28	5:40	5	3:54	66	5:45	29.25	2:37:49	5:23	7	38:41	86	14:58
00 10	3.25	19:24	5:58	7	4:28	68	6:35	32.50	2:57:13	5:27	6	42:14	83	16:35
00 11	3.25	21:15	6:32	7	5:47	80	8:13	35.75	3:18:28	5:33	6	46:37	83	18:19
00 12	3.25	22:58	7:03	7	7:26	92	9:34	39.00	3:41:26	5:40	6	51:57	82	21:25
000 00	3.25	26:33	8:10	8	11:16	122	26:16	42.25	4:07:59	5:52	6	1:02:35	87	3:47:48