



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Porstner, Thomas

□□□: 4:08:40

□□: Gutsmuths-Rennsteiglaufer-Verein

□□: 10.13 km/h

□□: 533

□□□□: 5:53 min/km

□□: 42.25 km

□□□□□/□□□: 87 (of 148)

Marathon

□□□□□/□: 84 (of 130)

□□□□:

□□□□□: 2:45:50

Senioren M50 (50-54 Jahre)

□□□□□: 16(of 21)

□□□□□□□: 3:05:18

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:31	5:23	14	4:18	86	5:15	3.25	17:31	5:23	7	3:31	88	4:43
□□ 2	3.25	17:22	5:20	15	4:02	84	4:44	6.50	34:53	5:21	7	6:03	88	8:41
□□ 3	3.25	17:33	5:24	14	4:15	85	5:02	9.75	52:26	5:22	7	8:26	88	12:09
□□ 4	3.25	17:51	5:29	14	4:24	83	5:20	13.00	1:10:17	5:24	7	10:53	88	15:29
□□ 5	3.25	18:04	5:33	14	4:18	88	5:27	16.25	1:28:21	5:26	7	13:41	88	18:30
□□ 6	3.25	18:15	5:36	13	4:25	82	5:37	19.50	1:46:36	5:28	7	16:28	88	19:54
□□ 7	3.25	18:32	5:42	15	4:33	84	5:52	22.75	2:05:08	5:30	7	18:47	88	20:28
□□ 8	3.25	18:49	5:47	15	4:36	81	6:12	26.00	2:23:57	5:32	7	20:16	87	18:03
□□ 9	3.25	19:11	5:54	14	4:30	78	6:28	29.25	2:43:08	5:34	7	19:26	87	20:17
□□ 10	3.25	20:04	6:10	14	5:14	80	7:15	32.50	3:03:12	5:38	7	18:02	85	22:34
□□ 11	3.25	21:11	6:31	13	6:03	79	8:09	35.75	3:24:23	5:43	7	15:04	85	24:14
□□ 12	3.25	21:55	6:44	14	5:59	80	8:31	39.00	3:46:18	5:48	7	11:50	84	26:17
□□□ □□	3.25	22:22	6:52	16	7:00	90	22:05	42.25	4:08:40	5:53	16	1:03:22	89	3:48:29