



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

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Hofmann, Friedhelm

□□: DLR Simmern

□□: 523

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:10:55

□□: 10.04 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 89 (of 148)

□□□□□/□: 85 (of 130)

□□□□□□: 2:45:50

□□□□□: 16(of 28)

□□□□□□□: 2:59:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:16	5:37	21	5:32	94	6:00	3.25	18:16	5:37	13	1:35	89	5:28
□□ 2	3.25	18:01	5:32	19	5:07	94	5:23	6.50	36:17	5:34	13	2:49	89	10:05
□□ 3	3.25	17:49	5:28	18	4:36	88	5:18	9.75	54:06	5:32	13	3:28	89	13:49
□□ 4	3.25	17:56	5:31	16	4:25	84	5:25	13.00	1:12:02	5:32	13	4:05	89	17:14
□□ 5	3.25	17:46	5:28	15	4:15	77	5:09	16.25	1:29:48	5:31	13	4:10	89	19:57
□□ 6	3.25	18:05	5:33	15	4:25	80	5:27	19.50	1:47:53	5:31	13	4:20	89	21:11
□□ 7	3.25	18:40	5:44	15	4:57	86	6:00	22.75	2:06:33	5:33	13	5:02	89	21:53
□□ 8	3.25	19:10	5:53	16	5:21	88	6:33	26.00	2:25:43	5:36	13	5:52	88	19:49
□□ 9	3.25	20:02	6:09	15	6:02	88	7:19	29.25	2:45:45	5:40	13	7:29	88	22:54
□□ 10	3.25	20:42	6:22	16	6:22	86	7:53	32.50	3:06:27	5:44	13	9:04	86	25:49
□□ 11	3.25	21:29	6:36	18	6:51	84	8:27	35.75	3:27:56	5:48	13	10:24	86	27:47
□□ 12	3.25	21:47	6:42	17	6:48	77	8:23	39.00	3:49:43	5:53	13	11:01	85	29:42
□□□ □□	3.25	21:12	6:31	14	6:31	74	20:55	42.25	4:10:55	5:56	17	1:11:12	90	3:50:44