



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

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

□□□□

□□□□

□□□

| □□□ | □□ 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 |