



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Ruess, Andre

00: TriTeam Berlin

00: 625

00: 42.25 km

Marathon

0000:

Senioren M55 (55-59 Jahre)

000: 4:12:50

00: 9.97 km/h

0000: 5:59 min/km

00000/0000: 92 (of 148)

00000/0: 88 (of 130)

000000: 2:45:50

00000: 5(of 7)

0000000: 3:06:26

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	17:58	5:31	6	3:31	91	5:42	3.25	17:58	5:31	5	3:31	92	5:10
00 2	3.25	17:26	5:21	6	3:17	86	4:48	6.50	35:24	5:26	5	6:48	92	9:12
00 3	3.25	17:17	5:19	5	3:36	80	4:46	9.75	52:41	5:24	5	10:24	81	12:24
00 4	3.25	17:47	5:28	5	3:48	81	5:16	13.00	1:10:28	5:25	5	14:12	92	15:40
00 5	3.25	17:34	5:24	5	3:27	74	4:57	16.25	1:28:02	5:25	5	17:39	92	18:11
00 6	3.25	17:33	5:24	5	3:05	72	4:55	19.50	1:45:35	5:24	5	20:44	92	18:53
00 7	3.25	18:07	5:34	5	3:42	75	5:27	22.75	2:03:42	5:26	5	24:26	92	19:02
00 8	3.25	19:00	5:50	5	4:09	84	6:23	26.00	2:22:42	5:29	5	28:35	91	16:48
00 9	3.25	19:32	6:00	5	4:53	83	6:49	29.25	2:42:14	5:32	5	33:28	91	19:23
00 10	3.25	20:29	6:18	5	6:21	83	7:40	32.50	3:02:43	5:37	5	39:49	89	22:05
00 11	3.25	22:22	6:52	4	7:49	95	9:20	35.75	3:25:05	5:44	5	47:38	89	24:56
00 12	3.25	23:14	7:08	5	8:48	95	9:50	39.00	3:48:19	5:51	5	56:26	88	28:18
000 00	3.25	24:31	7:32	7	9:58	113	24:14	42.25	4:12:50	5:59	5	1:06:24	93	3:52:39