



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

**Spamer, Kay**

□□: marathon4you

□□: 577

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:17:31

□□: 9.79 km/h

□□□□: 6:06 min/km

□□□□□/□□□: 94 (of 148)

□□□□□/□: 90 (of 130)

□□□□□□: 2:45:50

□□□□□: 17(of 28)

□□□□□□□: 2:59:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:11	5:35	20	5:27	93	5:55	3.25	18:11	5:35	12	1:30	94	5:23	
□□ 2	3.25	18:00	5:32	18	5:06	93	5:22	6.50	36:11	5:33	12	2:43	94	9:59	
□□ 3	3.25	18:10	5:35	19	4:57	92	5:39	9.75	54:21	5:34	12	3:43	94	14:04	
□□ 4	3.25	18:00	5:32	17	4:29	85	5:29	13.00	1:12:21	5:33	12	4:24	94	17:33	
□□ 5	3.25	18:21	5:38	18	4:50	91	5:44	16.25	1:30:42	5:34	12	5:04	94	20:51	
□□ 6	3.25	18:53	5:48	18	5:13	97	6:15	19.50	1:49:35	5:37	12	6:02	94	22:53	
□□ 7	3.25	18:55	5:49	17	5:12	91	6:15	22.75	2:08:30	5:38	12	6:59	94	23:50	
□□ 8	3.25	19:26	5:58	17	5:37	91	6:49	26.00	2:27:56	5:41	12	8:05	93	22:02	
□□ 9	3.25	20:53	6:25	20	6:53	101	8:10	29.25	2:48:49	5:46	12	10:33	93	25:58	
□□ 10	3.25	21:32	6:37	20	7:12	96	8:43	32.50	3:10:21	5:51	12	12:58	91	29:43	
□□ 11	3.25	21:46	6:41	20	7:08	89	8:44	35.75	3:32:07	5:56	12	14:35	91	31:58	
□□ 12	3.25	22:29	6:55	21	7:30	87	9:05	39.00	3:54:36	6:00	12	15:54	90	34:35	
□□□ □□	3.25	22:55	7:03	24	8:14	99	22:38	42.25	4:17:31	6:05	18	1:17:48	95	3:57:20	