



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Kirschstein, Stefan

000: 4:19:07

00: Vorwärts Köln

00: 9.73 km/h

00: 642

0000: 6:08 min/km

00: 42.25 km

00000/000: 96 (of 148)

Marathon

00000/0: 92 (of 130)

000000: 2:45:50

0000:

00000: 24(of 28)

Senioren M40 (40-44 Jahre)

0000000: 2:51:44

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0000

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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	18:19	5:38	24	5:31	95	6:03	3.25	18:19	5:38	5	1:20	96	5:31
00 2	3.25	18:25	5:40	26	5:01	99	5:47	6.50	36:44	5:39	5	2:12	96	10:32
00 3	3.25	18:24	5:39	23	5:23	95	5:53	9.75	55:08	5:39	5	2:37	96	14:51
00 4	3.25	19:35	6:01	28	6:38	115	7:04	13.00	1:14:43	5:44	5	4:01	96	19:55
00 5	3.25	19:00	5:50	25	5:52	104	6:23	16.25	1:33:43	5:46	5	5:04	96	23:52
00 6	3.25	19:26	5:58	26	6:31	106	6:48	19.50	1:53:09	5:48	5	6:40	96	26:27
00 7	3.25	19:27	5:59	24	6:09	97	6:47	22.75	2:12:36	5:49	5	8:47	85	27:56
00 8	3.25	19:52	6:06	23	6:34	94	7:15	26.00	2:32:28	5:51	5	10:56	95	26:34
00 9	3.25	20:13	6:13	21	7:01	90	7:30	29.25	2:52:41	5:54	5	13:04	95	29:50
00 10	3.25	21:19	6:33	21	7:54	90	8:30	32.50	3:14:00	5:58	5	16:13	93	33:22
00 11	3.25	21:43	6:40	21	8:29	87	8:41	35.75	3:35:43	6:02	5	19:27	93	35:34
00 12	3.25	21:54	6:44	17	8:27	79	8:30	39.00	3:57:37	6:05	5	22:09	92	37:36
000 00	3.25	21:30	6:36	17	21:13	76	21:13	42.25	4:19:07	6:07	25	2:34:10	97	3:58:56