



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Weßeler, Markus

000: 4:20:42

00: Vorwärts Köln

00: 9.67 km/h

00: 643

0000: 6:10 min/km

00: 42.25 km

00000/000: 99 (of 148)

Marathon

00000/0: 95 (of 130)

000000: 2:45:50

0000:

00000: 19(of 28)

Senioren M45 (45-49 Jahre)

0000000: 2:59:43

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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	17:20	5:19	16	4:36	82	5:04	3.25	17:20	5:19	10	0:39	47	4:32
00 2	3.25	18:07	5:34	20	5:13	95	5:29	6.50	35:27	5:27	10	1:59	99	9:15
00 3	3.25	18:35	5:43	20	5:22	97	6:04	9.75	54:02	5:32	10	3:24	99	13:45
00 4	3.25	18:05	5:33	19	4:34	90	5:34	13.00	1:12:07	5:32	10	4:10	99	17:19
00 5	3.25	17:59	5:31	16	4:28	85	5:22	16.25	1:30:06	5:32	10	4:28	99	20:15
00 6	3.25	18:52	5:48	17	5:12	95	6:14	19.50	1:48:58	5:35	10	5:25	99	22:16
00 7	3.25	19:01	5:51	19	5:18	94	6:21	22.75	2:07:59	5:37	10	6:28	99	23:19
00 8	3.25	19:48	6:05	18	5:59	93	7:11	26.00	2:27:47	5:41	10	7:56	98	21:53
00 9	3.25	20:20	6:15	17	6:20	92	7:37	29.25	2:48:07	5:44	10	9:51	98	25:16
00 10	3.25	21:44	6:41	22	7:24	102	8:55	32.50	3:09:51	5:50	10	12:28	96	29:13
00 11	3.25	23:22	7:11	22	8:44	104	10:20	35.75	3:33:13	5:57	10	15:41	96	33:04
00 12	3.25	24:04	7:24	25	9:05	104	10:40	39.00	3:57:17	6:05	10	18:35	95	37:16
000 00	3.25	23:25	7:12	25	8:44	104	23:08	42.25	4:20:42	6:10	20	1:20:59	100	4:00:31