



# 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

**Weßeler, Markus**

□□: Vorwärts Köln

□□: 643

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:20:42

□□: 9.67 km/h

□□□□: 6:10 min/km

□□□□□/□□□□: 99 (of 148)

□□□□□/□: 95 (of 130)

□□□□□□: 2:45:50

□□□□□: 19(of 28)

□□□□□□□: 2:59:43

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 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    |         |
| □□ 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    |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□ 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   |         |
| □□□ □□ | 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 |         |