



## 7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Lang, Franz

□□: MSC Rogner Bad Blumau

□□: 581

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:23:05

□□: 9.64 km/h

□□□□: 6:14 min/km

□□□□□/□□□: 103 (of 148)

□□□□□/□: 98 (of 130)

□□□□□□: 2:45:50

□□□□□: 21(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     | 19:37    | 6:02         | 23      | 6:53    | 112     | 7:21    | 3.25      | 19:37     | 6:02          | 9       | 2:56    | 78      | 6:49    |
| □□ 2   | 3.25     | 18:58    | 5:50         | 22      | 6:04    | 109     | 6:20    | 6.50      | 38:35     | 5:56          | 9       | 5:07    | 101     | 12:23   |
| □□ 3   | 3.25     | 18:52    | 5:48         | 21      | 5:39    | 102     | 6:21    | 9.75      | 57:27     | 5:53          | 9       | 6:49    | 101     | 17:10   |
| □□ 4   | 3.25     | 19:07    | 5:52         | 21      | 5:36    | 105     | 6:36    | 13.00     | 1:16:34   | 5:53          | 9       | 8:37    | 101     | 21:46   |
| □□ 5   | 3.25     | 18:57    | 5:49         | 20      | 5:26    | 102     | 6:20    | 16.25     | 1:35:31   | 5:52          | 9       | 9:53    | 101     | 25:40   |
| □□ 6   | 3.25     | 19:19    | 5:56         | 20      | 5:39    | 105     | 6:41    | 19.50     | 1:54:50   | 5:53          | 9       | 11:17   | 101     | 28:08   |
| □□ 7   | 3.25     | 19:33    | 6:00         | 20      | 5:50    | 98      | 6:53    | 22.75     | 2:14:23   | 5:54          | 9       | 12:52   | 101     | 29:43   |
| □□ 8   | 3.25     | 20:10    | 6:12         | 20      | 6:21    | 99      | 7:33    | 26.00     | 2:34:33   | 5:56          | 9       | 14:42   | 100     | 28:39   |
| □□ 9   | 3.25     | 20:22    | 6:15         | 18      | 6:22    | 93      | 7:39    | 29.25     | 2:54:55   | 5:58          | 9       | 16:39   | 100     | 32:04   |
| □□ 10  | 3.25     | 20:33    | 6:19         | 15      | 6:13    | 84      | 7:44    | 32.50     | 3:15:28   | 6:00          | 9       | 18:05   | 98      | 34:50   |
| □□ 11  | 3.25     | 23:49    | 7:19         | 23      | 9:11    | 106     | 10:47   | 35.75     | 3:39:17   | 6:08          | 9       | 21:45   | 98      | 39:08   |
| □□ 12  | 3.25     | 22:13    | 6:50         | 20      | 7:14    | 84      | 8:49    | 39.00     | 4:01:30   | 6:11          | 9       | 22:48   | 97      | 41:29   |
| □□□ □□ | 3.25     | 21:35    | 6:38         | 16      | 6:54    | 77      | 21:18   | 42.25     | 4:23:05   | 6:13          | 22      | 1:23:22 | 103     | 4:02:54 |