



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

von Döllen, Hermann

00: Triabolos Hamburg

00: 623

00: 42.25 km

Marathon

0000:

Senioren M50 (50-54 Jahre)

000: 4:27:33

00: 9.42 km/h

0000: 6:20 min/km

00000/000: 109 (of 148)

00000/0: 101 (of 130)

000000: 2:45:50

00000: 17(of 21)

0000000: 3:05:18

0000

0000

000

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	18:58	5:50	18	5:45	107	6:42	3.25	18:58	5:50	6	4:58	105	6:10
00 2	3.25	18:44	5:45	17	5:24	104	6:06	6.50	37:42	5:48	6	8:52	105	11:30
00 3	3.25	18:38	5:44	17	5:20	98	6:07	9.75	56:20	5:46	6	12:20	105	16:03
00 4	3.25	19:01	5:51	17	5:34	102	6:30	13.00	1:15:21	5:47	6	15:57	105	20:33
00 5	3.25	18:47	5:46	17	5:01	98	6:10	16.25	1:34:08	5:47	6	19:28	105	24:17
00 6	3.25	19:09	5:53	17	5:19	101	6:31	19.50	1:53:17	5:48	6	23:09	105	26:35
00 7	3.25	20:21	6:15	18	6:22	107	7:41	22.75	2:13:38	5:52	6	27:17	105	28:58
00 8	3.25	21:31	6:37	18	7:18	110	8:54	26.00	2:35:09	5:58	6	31:28	104	29:15
00 9	3.25	21:16	6:32	17	6:35	105	8:33	29.25	2:56:25	6:01	6	32:43	104	33:34
00 10	3.25	21:52	6:43	17	7:02	103	9:03	32.50	3:18:17	6:06	6	33:07	102	37:39
00 11	3.25	22:17	6:51	14	7:09	92	9:15	35.75	3:40:34	6:10	6	31:15	102	40:25
00 12	3.25	22:52	7:02	15	6:56	89	9:28	39.00	4:03:26	6:14	6	28:58	101	43:25
000 00	3.25	24:07	7:25	18	8:45	110	23:50	42.25	4:27:33	6:19	17	1:22:15	106	4:07:22