



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Pape, Stephan

□□: Triabolos Hamburg

□□: 622

□□: 42.25 km

Marathon

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 4:27:34

□□: 9.42 km/h

□□□□: 6:20 min/km

□□□□□/□□□: 110 (of 148)

□□□□□/□: 102 (of 130)

□□□□□□: 2:45:50

□□□□□: 17(of 24)

□□□□□□□: 2:45:50

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 18:58 | 5:50 | 18 | 6:42 | 107 | 6:42 | 3.25 | 18:58 | 5:50 | 7 | 2:55 | 105 | 6:10 | |
| □□ 2 | 3.25 | 18:44 | 5:45 | 17 | 6:06 | 104 | 6:06 | 6.50 | 37:42 | 5:48 | 7 | 5:32 | 105 | 11:30 | |
| □□ 3 | 3.25 | 18:38 | 5:44 | 17 | 5:56 | 98 | 6:07 | 9.75 | 56:20 | 5:46 | 7 | 8:10 | 105 | 16:03 | |
| □□ 4 | 3.25 | 19:01 | 5:51 | 19 | 6:23 | 102 | 6:30 | 13.00 | 1:15:21 | 5:47 | 7 | 11:06 | 105 | 20:33 | |
| □□ 5 | 3.25 | 18:47 | 5:46 | 17 | 6:10 | 98 | 6:10 | 16.25 | 1:34:08 | 5:47 | 7 | 13:52 | 105 | 24:17 | |
| □□ 6 | 3.25 | 19:09 | 5:53 | 19 | 6:31 | 101 | 6:31 | 19.50 | 1:53:17 | 5:48 | 7 | 17:00 | 105 | 26:35 | |
| □□ 7 | 3.25 | 20:21 | 6:15 | 19 | 7:41 | 107 | 7:41 | 22.75 | 2:13:38 | 5:52 | 7 | 20:52 | 105 | 28:58 | |
| □□ 8 | 3.25 | 21:31 | 6:37 | 19 | 8:54 | 110 | 8:54 | 26.00 | 2:35:09 | 5:58 | 7 | 25:27 | 104 | 29:15 | |
| □□ 9 | 3.25 | 21:16 | 6:32 | 18 | 8:33 | 105 | 8:33 | 29.25 | 2:56:25 | 6:01 | 7 | 29:02 | 104 | 33:34 | |
| □□ 10 | 3.25 | 21:52 | 6:43 | 17 | 9:03 | 103 | 9:03 | 32.50 | 3:18:17 | 6:06 | 7 | 31:57 | 102 | 37:39 | |
| □□ 11 | 3.25 | 22:17 | 6:51 | 16 | 9:15 | 92 | 9:15 | 35.75 | 3:40:34 | 6:10 | 7 | 33:41 | 102 | 40:25 | |
| □□ 12 | 3.25 | 22:52 | 7:02 | 16 | 9:28 | 89 | 9:28 | 39.00 | 4:03:26 | 6:14 | 7 | 34:44 | 101 | 43:25 | |
| □□□ □□ | 3.25 | 24:08 | 7:25 | 18 | 11:03 | 112 | 23:51 | 42.25 | 4:27:34 | 6:19 | 19 | 4:07:23 | 107 | 4:07:23 | |