



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Diepenbrock, Thomas

□□□: 4:30:15

□□: 1. FC Nordwalde

□□: 9.32 km/h

□□: 502

□□□□: 6:24 min/km

□□: 42.25 km

□□□□□/□□□: 115 (of 148)

Marathon

□□□□□/□: 104 (of 130)

□□□□□□: 2:45:50

□□□□:

□□□□□: 18(of 21)

Senioren M50 (50-54 Jahre)

□□□□□□□: 3:05:18

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:41 | 5:08 | 11 | 3:28 | 65 | 4:25 | 3.25 | 16:41 | 5:08 | 5 | 2:41 | 42 | 3:53 | |
| □□ 2 | 3.25 | 16:54 | 5:11 | 14 | 3:34 | 75 | 4:16 | 6.50 | 33:35 | 5:10 | 5 | 4:45 | 109 | 7:23 | |
| □□ 3 | 3.25 | 16:58 | 5:13 | 11 | 3:40 | 72 | 4:27 | 9.75 | 50:33 | 5:11 | 5 | 6:33 | 109 | 10:16 | |
| □□ 4 | 3.25 | 18:00 | 5:32 | 15 | 4:33 | 85 | 5:29 | 13.00 | 1:08:33 | 5:16 | 5 | 9:09 | 109 | 13:45 | |
| □□ 5 | 3.25 | 18:25 | 5:40 | 15 | 4:39 | 92 | 5:48 | 16.25 | 1:26:58 | 5:21 | 5 | 12:18 | 109 | 17:07 | |
| □□ 6 | 3.25 | 18:15 | 5:36 | 13 | 4:25 | 82 | 5:37 | 19.50 | 1:45:13 | 5:23 | 5 | 15:05 | 109 | 18:31 | |
| □□ 7 | 3.25 | 19:05 | 5:52 | 17 | 5:06 | 95 | 6:25 | 22.75 | 2:04:18 | 5:27 | 5 | 17:57 | 109 | 19:38 | |
| □□ 8 | 3.25 | 20:07 | 6:11 | 17 | 5:54 | 97 | 7:30 | 26.00 | 2:24:25 | 5:33 | 5 | 20:44 | 108 | 18:31 | |
| □□ 9 | 3.25 | 21:39 | 6:39 | 18 | 6:58 | 110 | 8:56 | 29.25 | 2:46:04 | 5:40 | 5 | 22:22 | 108 | 23:13 | |
| □□ 10 | 3.25 | 22:39 | 6:58 | 18 | 7:49 | 108 | 9:50 | 32.50 | 3:08:43 | 5:48 | 5 | 23:33 | 106 | 28:05 | |
| □□ 11 | 3.25 | 27:04 | 8:19 | 21 | 11:56 | 124 | 14:02 | 35.75 | 3:35:47 | 6:02 | 5 | 26:28 | 106 | 35:38 | |
| □□ 12 | 3.25 | 27:19 | 8:24 | 21 | 11:23 | 121 | 13:55 | 39.00 | 4:03:06 | 6:14 | 5 | 28:38 | 104 | 43:05 | |
| □□□ □□ | 3.25 | 27:09 | 8:21 | 21 | 11:47 | 124 | 26:52 | 42.25 | 4:30:15 | 6:23 | 18 | 1:24:57 | 109 | 4:10:04 | |