



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Leumann, Jörg

00: Hamburg

00: 664

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:30:41

00: 9.31 km/h

0000: 6:25 min/km

00000/0000: 117 (of 148)

00000/0: 106 (of 130)

000000: 2:45:50

00000: 22(of 28)

0000000: 2:59:43

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	20:16	6:14	26	7:32	121	8:00	3.25	20:16	6:14	7	3:35	110	7:28
00 2	3.25	20:20	6:15	26	7:26	121	7:42	6.50	40:36	6:14	7	7:08	110	14:24
00 3	3.25	20:08	6:11	26	6:55	122	7:37	9.75	1:00:44	6:13	7	10:06	110	20:27
00 4	3.25	20:06	6:11	26	6:35	121	7:35	13.00	1:20:50	6:13	7	12:53	110	26:02
00 5	3.25	20:25	6:16	25	6:54	116	7:48	16.25	1:41:15	6:13	7	15:37	110	31:24
00 6	3.25	20:54	6:25	26	7:14	118	8:16	19.50	2:02:09	6:15	7	18:36	110	35:27
00 7	3.25	20:03	6:10	21	6:20	104	7:23	22.75	2:22:12	6:15	7	20:41	110	37:32
00 8	3.25	20:51	6:24	22	7:02	106	8:14	26.00	2:43:03	6:16	7	23:12	109	37:09
00 9	3.25	21:22	6:34	24	7:22	109	8:39	29.25	3:04:25	6:18	7	26:09	109	41:34
00 10	3.25	21:28	6:36	18	7:08	93	8:39	32.50	3:25:53	6:20	7	28:30	107	45:15
00 11	3.25	21:05	6:29	15	6:27	77	8:03	35.75	3:46:58	6:20	7	29:26	107	46:49
00 12	3.25	21:21	6:34	15	6:22	74	7:57	39.00	4:08:19	6:22	7	29:37	106	48:18
000 00	3.25	22:22	6:52	21	7:41	90	22:05	42.25	4:30:41	6:24	23	1:30:58	111	4:10:30