



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Kirchhoff, Jörg

00: Ffw Banteln

00: 527

00: 42.25 km

Marathon

0000:

Senioren M45 (45-49 Jahre)

000: 4:33:43

00: 9.21 km/h

0000: 6:29 min/km

00000/000: 121 (of 148)

00000/0: 110 (of 130)

000000: 2:45:50

00000: 24(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	20:45	6:23	27	8:01	123	8:29	3.25	20:45	6:23	5	4:04	114	7:57
00 2	3.25	20:24	6:16	27	7:30	122	7:46	6.50	41:09	6:19	5	7:41	114	14:57
00 3	3.25	20:03	6:10	25	6:50	121	7:32	9.75	1:01:12	6:16	5	10:34	114	20:55
00 4	3.25	20:13	6:13	27	6:42	122	7:42	13.00	1:21:25	6:15	5	13:28	114	26:37
00 5	3.25	20:27	6:17	26	6:56	117	7:50	16.25	1:41:52	6:16	5	16:14	114	32:01
00 6	3.25	20:24	6:16	24	6:44	113	7:46	19.50	2:02:16	6:16	5	18:43	114	35:34
00 7	3.25	20:45	6:23	23	7:02	111	8:05	22.75	2:23:01	6:17	5	21:30	114	38:21
00 8	3.25	21:45	6:41	25	7:56	113	9:08	26.00	2:44:46	6:20	5	24:55	113	38:52
00 9	3.25	21:21	6:34	23	7:21	108	8:38	29.25	3:06:07	6:21	5	27:51	113	43:16
00 10	3.25	21:39	6:39	21	7:19	99	8:50	32.50	3:27:46	6:23	5	30:23	111	47:08
00 11	3.25	21:43	6:40	19	7:05	87	8:41	35.75	3:49:29	6:25	5	31:57	111	49:20
00 12	3.25	22:10	6:49	18	7:11	82	8:46	39.00	4:11:39	6:27	5	32:57	110	51:38
000 00	3.25	22:04	6:47	19	7:23	85	21:47	42.25	4:33:43	6:28	25	1:34:00	115	4:13:32