



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Punge, Wolfgang

□□: Trail Team OWL

□□: 619

□□: 42.25 km

Marathon

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 4:36:58

□□: 9.10 km/h

□□□□: 6:34 min/km

□□□□□/□□□: 125 (of 148)

□□□□□/□: 114 (of 130)

□□□□□□: 2:45:50

□□□□□: 26(of 28)

□□□□□□□: 2:59:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:33	5:42	22	5:49	102	6:17	3.25	18:33	5:42	3	1:52	118	5:45	
□□ 2	3.25	19:26	5:58	24	6:32	117	6:48	6.50	37:59	5:50	3	4:31	118	11:47	
□□ 3	3.25	20:21	6:15	27	7:08	123	7:50	9.75	58:20	5:58	3	7:42	118	18:03	
□□ 4	3.25	19:39	6:02	24	6:08	117	7:08	13.00	1:17:59	5:59	3	10:02	118	23:11	
□□ 5	3.25	20:14	6:13	24	6:43	115	7:37	16.25	1:38:13	6:02	3	12:35	118	28:22	
□□ 6	3.25	21:13	6:31	27	7:33	121	8:35	19.50	1:59:26	6:07	3	15:53	118	32:44	
□□ 7	3.25	20:47	6:23	24	7:04	112	8:07	22.75	2:20:13	6:09	3	18:42	118	35:33	
□□ 8	3.25	21:20	6:33	24	7:31	109	8:43	26.00	2:41:33	6:12	3	21:42	117	35:39	
□□ 9	3.25	22:12	6:49	25	8:12	113	9:29	29.25	3:03:45	6:16	3	25:29	117	40:54	
□□ 10	3.25	22:09	6:48	24	7:49	107	9:20	32.50	3:25:54	6:20	3	28:31	115	45:16	
□□ 11	3.25	24:39	7:35	26	10:01	117	11:37	35.75	3:50:33	6:26	3	33:01	115	50:24	
□□ 12	3.25	23:53	7:20	23	8:54	100	10:29	39.00	4:14:26	6:31	3	35:44	114	54:25	
□□□ □□	3.25	22:32	6:56	22	7:51	93	22:15	42.25	4:36:58	6:33	27	1:37:15	119	4:16:47	