



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 |