



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

von Poeppinghausen, Vanessa

000: 4:46:42

00: Trail Team OWL

00: 8.79 km/h

00: 621

0000: 6:47 min/km

00: 42.25 km

00000/000: 128 (of 148)

Marathon

00000/0: 12 (of 18)

000000: 3:43:33

0000:

00000: 1(of 1)

Frauen (20-29 Jahre)

0000000: 4:46:42

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	20:27	6:17	1	-	15	4:15	3.25	20:27	6:17	1	-	7	2:36
00 2	3.25	20:26	6:17	1	-	14	3:54	6.50	40:53	6:17	1	-	7	4:44
00 3	3.25	20:06	6:11	1	-	12	3:21	9.75	1:00:59	6:15	1	-	7	6:06
00 4	3.25	20:29	6:18	1	-	13	3:47	13.00	1:21:28	6:15	1	-	7	7:16
00 5	3.25	21:01	6:28	1	-	13	4:28	16.25	1:42:29	6:18	1	-	7	8:42
00 6	3.25	20:47	6:23	1	-	11	3:51	19.50	2:03:16	6:19	1	-	7	9:41
00 7	3.25	21:21	6:34	1	-	12	3:07	22.75	2:24:37	6:21	1	-	7	10:41
00 8	3.25	24:52	7:39	1	-	16	7:45	26.00	2:49:29	6:31	1	-	7	14:28
00 9	3.25	23:09	7:07	1	-	12	5:41	29.25	3:12:38	6:35	1	-	7	15:58
00 10	3.25	23:07	7:06	1	-	11	5:00	32.50	3:35:45	6:38	1	-	7	16:57
00 11	3.25	23:02	7:05	1	-	10	5:20	35.75	3:58:47	6:40	1	-	7	16:47
00 12	3.25	24:02	7:23	1	-	12	6:09	39.00	4:22:49	6:44	1	-	7	17:21
000 00	3.25	23:53	7:20	1	-	14	6:43	42.25	4:46:42	6:47	1	-	13	1:04:39