



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Lukas, Markus

00: Vitalabo

00: 638

00: 42.25 km

Marathon

0000:

Senioren M35 (35-39 Jahre)

000: 4:52:33

00: 8.61 km/h

0000: 6:55 min/km

00000/0000: 133 (of 148)

00000/0: 120 (of 130)

000000: 2:45:50

00000: 20(of 24)

0000000: 2:45:50

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	21:55	6:44	23	9:39	129	9:39	3.25	21:55	6:44	4	5:52	124	9:07
00 2	3.25	20:49	6:24	22	8:11	126	8:11	6.50	42:44	6:34	4	10:34	124	16:32
00 3	3.25	20:02	6:09	22	7:20	120	7:31	9.75	1:02:46	6:26	4	14:36	124	22:29
00 4	3.25	20:22	6:15	22	7:44	123	7:51	13.00	1:23:08	6:23	4	18:53	124	28:20
00 5	3.25	20:49	6:24	21	8:12	120	8:12	16.25	1:43:57	6:23	4	23:41	124	34:06
00 6	3.25	22:13	6:50	23	9:35	128	9:35	19.50	2:06:10	6:28	4	29:53	124	39:28
00 7	3.25	22:42	6:59	22	10:02	125	10:02	22.75	2:28:52	6:32	4	36:06	124	44:12
00 8	3.25	23:23	7:11	22	10:46	123	10:46	26.00	2:52:15	6:37	4	42:33	123	46:21
00 9	3.25	24:23	7:30	20	11:40	122	11:40	29.25	3:16:38	6:43	4	49:15	123	53:47
00 10	3.25	24:16	7:28	21	11:27	122	11:27	32.50	3:40:54	6:47	4	54:34	121	1:00:16
00 11	3.25	25:25	7:49	21	12:23	121	12:23	35.75	4:06:19	6:53	4	59:26	121	1:06:10
00 12	3.25	24:04	7:24	18	10:40	104	10:40	39.00	4:30:23	6:55	4	1:01:41	120	1:10:22
000 00	3.25	22:10	6:49	16	9:05	87	21:53	42.25	4:52:33	6:55	22	4:32:22	125	4:32:22