

7. Kristallmarathon im Erlebnis Bergwerk Merkers 7. Kristaiiiiiai atrioi Merkers / 16.02.2013



Hoffmann, Erik

□□: SV Braunsbedra

□□: 383

□□: 9.75 km 10 km Lauf

Senioren M50 (50-54 Jahre)

□□□: 53:36

□□: 10.07 km/h

□□□□: 5:30 min/km

_____: 68 (of 149)

________: 58 (of 105)

_____: 32:58

□□□□: 12(of 18)

_____: **39:30**

□□ km		□□ min/km					□□□ km	000 00 r	□□□ min/km				

	km		min/km	-	-			km		min/km	-	-		
1	3.25	18:07	5:34	14	5:20	76	7:52	3.25	18:07	5:34	8	1:20	60	7:52
<u> </u>	3.25	17:48	5:28	11	4:23	55	6:01	6.50	35:55	5:31	8	1:37	58	11:10
	3.25	17:41	5:26	11	4:23	53	9:28	9.75	53:36	5:29	12	14:06	59	20:38