



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Kuhne, Sebastian

00: Laufftreff Arnstadt

00: 8

00: 40.95 km

Marathon

0000:

Männer M30

000: 3:17:16

00: 12.17 km/h

0000: 4:49 min/km

00000/0000: 8 (of 78)

00000/0: 8 (of 74)

000000: 2:45:36

00000: 2(of 4)

0000000: 3:09:33

0000

0000

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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	3.15	13:12	4:11	1	-	4	1:42	3.15	13:12	4:11	2	-	50	
00 2	3.15	13:42	4:20	1	-	5	1:49	6.30	26:54	4:16	2	-	50	
00 3	3.15	13:55	4:25	1	-	5	13:51	9.45	40:49	4:19	2	-	50	
00 4	3.15	14:19	4:32	2	0:43	9	2:05	12.60	55:08	4:22	2	-	50	
00 5	3.15	14:26	4:34	2	0:10	8	2:05	15.75	1:09:34	4:25	2	-	50	
00 6	3.15	14:36	4:38	1	-	6	2:07	18.90	1:24:10	4:27	2	-	50	
00 7	3.15	14:42	4:40	1	-	6	2:07	22.05	1:38:52	4:29	2	-	50	
00 8	3.15	15:01	4:46	2	0:31	7	2:11	25.20	1:53:53	4:31	2	-	50	
00 9	3.15	16:28	5:13	3	1:50	15	3:34	28.35	2:10:21	4:35	2	-	50	
00 10	3.15	15:52	5:02	2	1:26	8	2:43	31.50	2:26:13	4:38	2	0:15	50	
00 11	3.15	16:19	5:10	2	1:52	8	2:58	34.65	2:42:32	4:41	2	2:07	50	
00 12	3.15	17:00	5:23	2	2:32	11	3:42	37.80	2:59:32	4:44	2	4:39	50	
000 00	3.15	17:44	5:37	3	3:04	18	4:31	40.95	3:17:16	4:49	2	7:43	8	31:40