



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Winkler, Heinz-Jörg

00: NOFRETETE E.V.

00: 97

00: 40.95 km

Marathon

0000:

Männer M50

000: 3:20:29

00: 11.97 km/h

0000: 4:54 min/km

00000/000: 12 (of 78)

00000/0: 12 (of 74)

000000: 2:45:36

00000: 3(of 8)

0000000: 2:45:36

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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	14:44	4:40	3	3:14	18	3:14	3.15	14:44	4:40	3	3:14	46	
00 2	3.15	14:54	4:43	3	3:01	17	3:01	6.30	29:38	4:42	3	6:15	46	
00 3	3.15	14:56	4:44	3	2:59	14	14:52	9.45	44:34	4:42	3	9:14	46	
00 4	3.15	14:45	4:40	3	2:31	13	2:31	12.60	59:19	4:42	3	11:45	46	
00 5	3.15	14:52	4:43	3	2:31	14	2:31	15.75	1:14:11	4:42	3	14:16	46	
00 6	3.15	15:12	4:49	3	2:43	14	2:43	18.90	1:29:23	4:43	3	16:59	46	
00 7	3.15	15:13	4:49	3	2:38	12	2:38	22.05	1:44:36	4:44	3	19:37	46	
00 8	3.15	15:13	4:49	3	2:23	10	2:23	25.20	1:59:49	4:45	3	22:00	46	
00 9	3.15	15:43	4:59	3	2:45	9	2:49	28.35	2:15:32	4:46	3	24:45	46	
00 10	3.15	15:47	5:00	2	2:31	7	2:38	31.50	2:31:19	4:48	3	27:16	46	
00 11	3.15	16:06	5:06	2	2:39	7	2:45	34.65	2:47:25	4:49	3	29:55	46	
00 12	3.15	16:43	5:18	2	2:58	9	3:25	37.80	3:04:08	4:52	3	32:53	46	
000 00	3.15	16:21	5:11	2	2:00	7	3:08	40.95	3:20:29	4:53	3	34:53	12	34:53