



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Biskamp, Stephan

000: 3:36:58

00: SC Neuenstein

00: 11.06 km/h

00: 49

0000: 5:18 min/km

00: 40.95 km

00000/000: 22 (of 78)

Marathon

00000/0: 22 (of 74)

000000: 2:45:36

0000:

00000: 6(of 21)

Männer M45

0000000: 3:15:59

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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 | 14:03 | 4:27 | 3 | 0:57 | 9 | 2:33 | 3.15 | 14:03 | 4:27 | 17 | - | 41 | |
| 00 2 | 3.15 | 14:31 | 4:36 | 3 | 0:53 | 11 | 2:38 | 6.30 | 28:34 | 4:32 | 17 | - | 73 | |
| 00 3 | 3.15 | 15:03 | 4:46 | 4 | 1:10 | 17 | 14:59 | 9.45 | 43:37 | 4:36 | 17 | - | 73 | |
| 00 4 | 3.15 | 15:36 | 4:57 | 6 | 1:29 | 19 | 3:22 | 12.60 | 59:13 | 4:41 | 17 | - | 73 | |
| 00 5 | 3.15 | 15:32 | 4:55 | 5 | 1:18 | 16 | 3:11 | 15.75 | 1:14:45 | 4:44 | 17 | - | 73 | |
| 00 6 | 3.15 | 15:42 | 4:59 | 6 | 1:18 | 18 | 3:13 | 18.90 | 1:30:27 | 4:47 | 17 | - | 73 | |
| 00 7 | 3.15 | 15:45 | 5:00 | 5 | 1:06 | 16 | 3:10 | 22.05 | 1:46:12 | 4:48 | 17 | - | 73 | |
| 00 8 | 3.15 | 16:58 | 5:23 | 6 | 1:48 | 24 | 4:08 | 25.20 | 2:03:10 | 4:53 | 17 | - | 73 | |
| 00 9 | 3.15 | 17:27 | 5:32 | 6 | 1:56 | 24 | 4:33 | 28.35 | 2:20:37 | 4:57 | 17 | - | 73 | |
| 00 10 | 3.15 | 17:44 | 5:37 | 5 | 1:38 | 21 | 4:35 | 31.50 | 2:38:21 | 5:01 | 17 | - | 73 | |
| 00 11 | 3.15 | 18:02 | 5:43 | 5 | 1:28 | 22 | 4:41 | 34.65 | 2:56:23 | 5:05 | 17 | - | 73 | |
| 00 12 | 3.15 | 20:42 | 6:34 | 7 | 4:16 | 38 | 7:24 | 37.80 | 3:17:05 | 5:12 | 17 | - | 73 | |
| 000 00 | 3.15 | 19:53 | 6:18 | 7 | 3:31 | 31 | 6:40 | 40.95 | 3:36:58 | 5:17 | 6 | 20:59 | 22 | 51:22 |