



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Kitzing, Veit

00: Laufftreff Breitungun

00: 15

00: 40.95 km

Marathon

0000:

Männer M40

000: 3:45:48

00: 10.63 km/h

0000: 5:31 min/km

00000/0000: 25 (of 78)

00000/0: 25 (of 74)

000000: 2:45:36

00000: 5(of 13)

0000000: 3:15:30

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 | 17:09 | 5:26 | 9 | 2:59 | 50 | 5:39 | 3.15 | 17:09 | 5:26 | 5 | 2:40 | 70 | 1:10 |
| 00 2 | 3.15 | 17:04 | 5:25 | 7 | 2:40 | 38 | 5:11 | 6.30 | 34:13 | 5:25 | 5 | 5:20 | 70 | 0:52 |
| 00 3 | 3.15 | 17:09 | 5:26 | 7 | 2:41 | 38 | 17:05 | 9.45 | 51:22 | 5:26 | 5 | 8:01 | 70 | 0:07 |
| 00 4 | 3.15 | 16:53 | 5:21 | 6 | 2:13 | 31 | 4:39 | 12.60 | 1:08:15 | 5:25 | 5 | 10:14 | 58 | |
| 00 5 | 3.15 | 16:27 | 5:13 | 5 | 1:50 | 27 | 4:06 | 15.75 | 1:24:42 | 5:22 | 5 | 12:04 | 70 | |
| 00 6 | 3.15 | 16:13 | 5:08 | 4 | 1:06 | 23 | 3:44 | 18.90 | 1:40:55 | 5:20 | 5 | 13:10 | 70 | |
| 00 7 | 3.15 | 16:29 | 5:13 | 4 | 1:30 | 23 | 3:54 | 22.05 | 1:57:24 | 5:19 | 5 | 14:40 | 70 | |
| 00 8 | 3.15 | 16:22 | 5:11 | 4 | 1:02 | 18 | 3:32 | 25.20 | 2:13:46 | 5:18 | 5 | 15:42 | 70 | |
| 00 9 | 3.15 | 17:02 | 5:24 | 4 | 1:48 | 23 | 4:08 | 28.35 | 2:30:48 | 5:19 | 5 | 17:30 | 70 | |
| 00 10 | 3.15 | 18:49 | 5:58 | 7 | 4:19 | 31 | 5:40 | 31.50 | 2:49:37 | 5:23 | 5 | 21:49 | 70 | |
| 00 11 | 3.15 | 17:54 | 5:40 | 4 | 2:34 | 21 | 4:33 | 34.65 | 3:07:31 | 5:24 | 5 | 24:23 | 70 | |
| 00 12 | 3.15 | 18:50 | 5:58 | 4 | 2:49 | 22 | 5:32 | 37.80 | 3:26:21 | 5:27 | 5 | 27:12 | 70 | |
| 000 00 | 3.15 | 19:27 | 6:10 | 6 | 3:06 | 27 | 6:14 | 40.95 | 3:45:48 | 5:30 | 5 | 30:18 | 25 | 1:00:12 |