



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Ert, Dirk

□□: Einzelkämpfer

□□: 51

□□: 40.95 km

Marathon

□□□□:

Männer M45

□□□: 4:12:49

□□: 9.49 km/h

□□□□: 6:10 min/km

□□□□□/□□□: 50 (of 78)

□□□□□/□: 49 (of 74)

□□□□□□: 2:45:36

□□□□□: 13(of 21)

□□□□□□□: 3:15:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	15:40	4:58	6	2:34	28	4:10	3.15	15:40	4:58	16	-	67	
□□ 2	3.15	16:30	5:14	9	2:52	32	4:37	6.30	32:10	5:06	16	-	67	
□□ 3	3.15	16:21	5:11	9	2:28	28	16:17	9.45	48:31	5:08	16	-	67	
□□ 4	3.15	16:20	5:11	9	2:13	30	4:06	12.60	1:04:51	5:08	16	-	67	
□□ 5	3.15	16:56	5:22	9	2:42	31	4:35	15.75	1:21:47	5:11	16	-	67	
□□ 6	3.15	17:50	5:39	10	3:26	39	5:21	18.90	1:39:37	5:16	16	-	67	
□□ 7	3.15	20:42	6:34	15	6:03	56	8:07	22.05	2:00:19	5:27	16	-	67	
□□ 8	3.15	20:01	6:21	13	4:51	48	7:11	25.20	2:20:20	5:34	16	-	67	
□□ 9	3.15	23:01	7:18	17	7:30	63	10:07	28.35	2:43:21	5:45	16	2:15	67	2:41
□□ 10	3.15	24:21	7:43	16	8:15	65	11:12	31.50	3:07:42	5:57	16	6:37	67	7:27
□□ 11	3.15	21:53	6:56	12	5:19	52	8:32	34.65	3:29:35	6:02	16	7:00	67	8:56
□□ 12	3.15	21:59	6:58	9	5:33	46	8:41	37.80	3:51:34	6:07	16	6:32	67	8:36
□□□ □□	3.15	21:15	6:44	9	4:53	39	8:02	40.95	4:12:49	6:10	13	56:50	49	1:27:13