



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Gyssler, Roland

000: 3:50:18

00: Argus

00: 10.42 km/h

00: 98

0000: 5:37 min/km

00: 40.95 km

00000/000: 28 (of 78)

Marathon

00000/0: 28 (of 74)

000000: 2:45:36

0000:

00000: 4(of 8)

Männer M50

0000000: 2:45:36

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	16:11	5:08	5	4:41	34	4:41	3.15	16:11	5:08	4	4:41	57	0:12
00 2	3.15	16:47	5:19	5	4:54	34	4:54	6.30	32:58	5:13	4	9:35	57	
00 3	3.15	16:53	5:21	5	4:56	33	16:49	9.45	49:51	5:16	4	14:31	57	
00 4	3.15	17:10	5:26	5	4:56	35	4:56	12.60	1:07:01	5:19	4	19:27	57	
00 5	3.15	17:27	5:32	4	5:06	39	5:06	15.75	1:24:28	5:21	4	24:33	57	
00 6	3.15	17:38	5:35	4	5:09	35	5:09	18.90	1:42:06	5:24	4	29:42	57	
00 7	3.15	17:26	5:32	4	4:51	30	4:51	22.05	1:59:32	5:25	4	34:33	57	
00 8	3.15	17:23	5:31	4	4:33	28	4:33	25.20	2:16:55	5:25	4	39:06	57	
00 9	3.15	17:47	5:38	4	4:49	28	4:53	28.35	2:34:42	5:27	4	43:55	57	
00 10	3.15	17:46	5:38	4	4:30	22	4:37	31.50	2:52:28	5:28	4	48:25	57	
00 11	3.15	18:31	5:52	5	5:04	26	5:10	34.65	3:10:59	5:30	4	53:29	57	
00 12	3.15	18:57	6:00	4	5:12	24	5:39	37.80	3:29:56	5:33	4	58:41	57	
000 00	3.15	20:22	6:27	6	6:01	34	7:09	40.95	3:50:18	5:37	4	1:04:42	28	1:04:42