



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Rieß, Frieder

00: Siebenlehner SV-Radsport

00: 82

00: 40.95 km

Marathon

0000:

Männer M55

000: 3:57:29

00: 10.11 km/h

0000: 5:48 min/km

00000/000: 34 (of 78)

00000/0: 34 (of 74)

000000: 2:45:36

00000: 2(of 11)

0000000: 3:50:58

0000

0000

000

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	14:29	4:35	1	-	15	2:59	3.15	14:29	4:35	2	-	52	
00 2	3.15	15:58	5:04	2	0:47	28	4:05	6.30	30:27	4:49	2	-	60	
00 3	3.15	16:44	5:18	2	1:06	31	16:40	9.45	47:11	4:59	2	-	60	
00 4	3.15	17:02	5:24	2	1:01	32	4:48	12.60	1:04:13	5:05	2	-	60	
00 5	3.15	17:25	5:31	3	0:51	38	5:04	15.75	1:21:38	5:10	2	-	60	
00 6	3.15	17:31	5:33	2	0:55	33	5:02	18.90	1:39:09	5:14	2	-	60	
00 7	3.15	17:56	5:41	2	0:31	35	5:21	22.05	1:57:05	5:18	2	-	60	
00 8	3.15	18:49	5:58	3	1:32	38	5:59	25.20	2:15:54	5:23	2	-	60	
00 9	3.15	19:22	6:08	4	1:27	40	6:28	28.35	2:35:16	5:28	2	-	60	
00 10	3.15	20:02	6:21	5	1:26	41	6:53	31.50	2:55:18	5:33	2	-	60	
00 11	3.15	20:14	6:25	4	1:56	38	6:53	34.65	3:15:32	5:38	2	0:16	60	
00 12	3.15	20:36	6:32	4	2:38	37	7:18	37.80	3:36:08	5:43	2	2:54	60	
000 00	3.15	21:21	6:46	5	3:37	40	8:08	40.95	3:57:29	5:47	2	6:31	34	1:11:53