



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Böse, Hubert

00: GMRV

00: 77

00: 40.95 km

Marathon

0000:

Männer M55

000: 3:57:47

00: 10.09 km/h

0000: 5:49 min/km

00000/000: 35 (of 78)

00000/0: 35 (of 74)

000000: 2:45:36

00000: 3(of 11)

0000000: 3:50:58

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	14:44	4:40	2	0:15	18	3:14	3.15	14:44	4:40	3	-	46	
00 2	3.15	15:11	4:49	1	-	20	3:18	6.30	29:55	4:44	3	-	59	
00 3	3.15	15:38	4:57	1	-	24	15:34	9.45	45:33	4:49	3	-	59	
00 4	3.15	16:01	5:05	1	-	26	3:47	12.60	1:01:34	4:53	3	-	59	
00 5	3.15	16:34	5:15	1	-	29	4:13	15.75	1:18:08	4:57	3	-	59	
00 6	3.15	17:40	5:36	3	1:04	36	5:11	18.90	1:35:48	5:04	3	-	59	
00 7	3.15	18:01	5:43	3	0:36	37	5:26	22.05	1:53:49	5:09	3	-	59	
00 8	3.15	18:50	5:58	4	1:33	40	6:00	25.20	2:12:39	5:15	3	-	59	
00 9	3.15	19:38	6:13	6	1:43	44	6:44	28.35	2:32:17	5:22	3	-	59	
00 10	3.15	20:05	6:22	6	1:29	42	6:56	31.50	2:52:22	5:28	3	-	59	
00 11	3.15	21:39	6:52	7	3:21	48	8:18	34.65	3:14:01	5:35	3	-	59	
00 12	3.15	21:58	6:58	7	4:00	45	8:40	37.80	3:35:59	5:42	3	2:45	59	
000 00	3.15	21:48	6:55	7	4:04	44	8:35	40.95	3:57:47	5:48	3	6:49	35	1:12:11