



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Gathmann, Uwe

00: SC Neuenstein

00: 52

00: 40.95 km

Marathon

0000:

Männer M45

000: 3:58:43

00: 10.05 km/h

0000: 5:50 min/km

00000/000: 36 (of 78)

00000/0: 36 (of 74)

000000: 2:45:36

00000: 8(of 21)

0000000: 3:15:59

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	16:14	5:09	10	3:08	35	4:44	3.15	16:14	5:09	14	-	58	0:15
00 2	3.15	16:42	5:18	10	3:04	33	4:49	6.30	32:56	5:13	14	-	58	
00 3	3.15	17:53	5:40	13	4:00	50	17:49	9.45	50:49	5:22	14	-	58	
00 4	3.15	17:26	5:32	12	3:19	41	5:12	12.60	1:08:15	5:25	14	-	58	
00 5	3.15	17:20	5:30	11	3:06	35	4:59	15.75	1:25:35	5:26	14	-	58	
00 6	3.15	17:49	5:39	9	3:25	38	5:20	18.90	1:43:24	5:28	14	-	58	
00 7	3.15	18:50	5:58	11	4:11	45	6:15	22.05	2:02:14	5:32	14	0:06	58	
00 8	3.15	18:16	5:47	9	3:06	35	5:26	25.20	2:20:30	5:34	14	-	58	
00 9	3.15	19:22	6:08	10	3:51	40	6:28	28.35	2:39:52	5:38	14	-	58	
00 10	3.15	20:43	6:34	11	4:37	45	7:34	31.50	3:00:35	5:43	14	-	58	0:20
00 11	3.15	20:10	6:24	7	3:36	37	6:49	34.65	3:20:45	5:47	14	-	58	0:06
00 12	3.15	19:49	6:17	6	3:23	32	6:31	37.80	3:40:34	5:50	14	-	58	
000 00	3.15	18:09	5:45	3	1:47	22	4:56	40.95	3:58:43	5:49	8	42:44	36	1:13:07