



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Baumgarten, Karl Wolfgang

□□: 100 Marathon Club

□□: 76

□□: 40.95 km

Marathon

□□□□:

Männer M55

□□□: 4:03:42

□□: 9.85 km/h

□□□□: 5:57 min/km

□□□□□/□□□: 40 (of 78)

□□□□□/□: 39 (of 74)

□□□□□□: 2:45:36

□□□□□: 5(of 11)

□□□□□□□: 3:50:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	18:14	5:47	8	3:45	58	6:44	3.15	18:14	5:47	5	1:13	18	2:15	
□□ 2	3.15	17:56	5:41	7	2:45	53	6:03	6.30	36:10	5:44	5	1:53	18	2:49	
□□ 3	3.15	17:34	5:34	6	1:56	46	17:30	9.45	53:44	5:41	5	2:07	18	2:29	
□□ 4	3.15	18:06	5:44	6	2:05	49	5:52	12.60	1:11:50	5:42	5	2:42	18	3:26	
□□ 5	3.15	18:20	5:49	4	1:46	47	5:59	15.75	1:30:10	5:43	5	3:38	18	3:49	
□□ 6	3.15	18:44	5:56	5	2:08	47	6:15	18.90	1:48:54	5:45	5	4:00	18	4:30	
□□ 7	3.15	18:35	5:53	5	1:10	43	6:00	22.05	2:07:29	5:46	5	5:10	18	4:44	
□□ 8	3.15	18:51	5:59	5	1:34	41	6:01	25.20	2:26:20	5:48	5	5:53	18	4:35	
□□ 9	3.15	18:57	6:00	2	1:02	35	6:03	28.35	2:45:17	5:49	5	6:55	18	4:37	
□□ 10	3.15	19:00	6:01	3	0:24	33	5:51	31.50	3:04:17	5:51	5	7:19	18	4:02	
□□ 11	3.15	19:40	6:14	2	1:22	31	6:19	34.65	3:23:57	5:53	5	8:41	18	3:18	
□□ 12	3.15	19:37	6:13	2	1:39	28	6:19	37.80	3:43:34	5:54	5	10:20	18	0:36	
□□□ □□	3.15	20:08	6:23	3	2:24	33	6:55	40.95	4:03:42	5:57	5	12:44	39	1:18:06	