



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Quitschorek, Martin

00: TriFun Hennesee

00: 43

00: 40.95 km

Marathon

0000:

Männer M40

000: 4:04:42

00: 9.81 km/h

0000: 5:59 min/km

00000/000: 41 (of 78)

00000/0: 40 (of 74)

000000: 2:45:36

00000: 8(of 13)

0000000: 3:15:30

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	16:42	5:18	7	2:32	41	5:12	3.15	16:42	5:18	8	2:13	17	0:43
00 2	3.15	17:37	5:35	10	3:13	48	5:44	6.30	34:19	5:26	8	5:26	17	0:58
00 3	3.15	17:19	5:29	9	2:51	41	17:15	9.45	51:38	5:27	8	8:17	17	0:23
00 4	3.15	17:21	5:30	8	2:41	38	5:07	12.60	1:08:59	5:28	8	10:58	9	0:35
00 5	3.15	17:24	5:31	8	2:47	36	5:03	15.75	1:26:23	5:29	8	13:45	17	0:02
00 6	3.15	17:33	5:34	8	2:26	34	5:04	18.90	1:43:56	5:29	8	16:11	17	
00 7	3.15	17:57	5:41	8	2:58	36	5:22	22.05	2:01:53	5:31	8	19:09	17	
00 8	3.15	18:38	5:54	8	3:18	36	5:48	25.20	2:20:31	5:34	8	22:27	17	
00 9	3.15	18:51	5:59	8	3:37	32	5:57	28.35	2:39:22	5:37	8	26:04	17	
00 10	3.15	20:11	6:24	8	5:41	43	7:02	31.50	2:59:33	5:42	8	31:45	17	
00 11	3.15	21:23	6:47	10	6:03	46	8:02	34.65	3:20:56	5:47	8	37:48	17	0:17
00 12	3.15	22:00	6:59	9	5:59	47	8:42	37.80	3:42:56	5:53	8	43:47	17	
000 00	3.15	21:46	6:54	7	5:25	43	8:33	40.95	4:04:42	5:58	8	49:12	40	1:19:06