



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Zindel, Volker

00: Bad Hersfeld

00: 75

00: 40.95 km

Marathon

0000:

Männer M50

000: 4:07:41

00: 9.69 km/h

0000: 6:03 min/km

00000/000: 45 (of 78)

00000/0: 44 (of 74)

000000: 2:45:36

00000: 7(of 8)

0000000: 2:45:36

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	17:02	5:24	6	5:32	47	5:32	3.15	17:02	5:24	7	5:32	13	1:03
00 2	3.15	17:45	5:38	6	5:52	51	5:52	6.30	34:47	5:31	7	11:24	13	1:26
00 3	3.15	18:11	5:46	6	6:14	52	18:07	9.45	52:58	5:36	7	17:38	13	1:43
00 4	3.15	19:05	6:03	7	6:51	55	6:51	12.60	1:12:03	5:43	7	24:29	13	3:39
00 5	3.15	18:57	6:00	7	6:36	51	6:36	15.75	1:31:00	5:46	7	31:05	13	4:39
00 6	3.15	19:03	6:02	6	6:34	49	6:34	18.90	1:50:03	5:49	7	37:39	13	5:39
00 7	3.15	19:28	6:10	7	6:53	47	6:53	22.05	2:09:31	5:52	7	44:32	13	6:46
00 8	3.15	19:12	6:05	6	6:22	44	6:22	25.20	2:28:43	5:54	7	50:54	13	6:58
00 9	3.15	19:16	6:06	6	6:18	39	6:22	28.35	2:47:59	5:55	7	57:12	13	7:19
00 10	3.15	19:39	6:14	6	6:23	37	6:30	31.50	3:07:38	5:57	7	1:03:35	13	7:23
00 11	3.15	19:59	6:20	6	6:32	33	6:38	34.65	3:27:37	5:59	7	1:10:07	13	6:58
00 12	3.15	20:24	6:28	6	6:39	36	7:06	37.80	3:48:01	6:01	7	1:16:46	13	5:03
000 00	3.15	19:40	6:14	5	5:19	29	6:27	40.95	4:07:41	6:02	7	1:22:05	44	1:22:05