



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Weigert, Matthias

□□: RLV

□□: 65

□□: 40.95 km

Marathon

□□□□:

Männer M45

□□□: 4:08:29

□□: 9.89 km/h

□□□□: 6:04 min/km

□□□□□/□□□: 46 (of 78)

□□□□□/□: 45 (of 74)

□□□□□□: 2:45:36

□□□□□: 11(of 21)

□□□□□□□: 3:15:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	16:45	5:19	13	3:39	43	5:15	3.15	16:45	5:19	11		12	0:46
□□ 2	3.15	17:21	5:30	12	3:43	43	5:28	6.30	34:06	5:24	11		12	0:45
□□ 3	3.15	17:46	5:38	12	3:53	49	17:42	9.45	51:52	5:29	11	0:11	12	0:37
□□ 4	3.15	17:42	5:37	13	3:35	44	5:28	12.60	1:09:34	5:31	11	0:39	12	1:10
□□ 5	3.15	18:13	5:46	13	3:59	46	5:52	15.75	1:27:47	5:34	11	1:48	12	1:26
□□ 6	3.15	18:13	5:46	13	3:49	43	5:44	18.90	1:46:00	5:36	11	2:06	12	1:36
□□ 7	3.15	19:14	6:06	12	4:35	46	6:39	22.05	2:05:14	5:40	11	3:06	12	2:29
□□ 8	3.15	19:28	6:10	12	4:18	46	6:38	25.20	2:24:42	5:44	11	3:36	12	2:57
□□ 9	3.15	20:11	6:24	12	4:40	47	7:17	28.35	2:44:53	5:48	11	3:47	12	4:13
□□ 10	3.15	20:52	6:37	12	4:46	48	7:43	31.50	3:05:45	5:53	11	4:40	12	5:30
□□ 11	3.15	20:45	6:35	9	4:11	42	7:24	34.65	3:26:30	5:57	11	3:55	12	5:51
□□ 12	3.15	20:50	6:36	8	4:24	39	7:32	37.80	3:47:20	6:00	11	2:18	12	4:22
□□□ □□	3.15	21:09	6:42	8	4:47	38	7:56	40.95	4:08:29	6:04	11	52:30	45	1:22:53