



# 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Gormanns, Kurt

00: Bramsche

00: 78

00: 40.95 km

Marathon

0000:

Männer M55

000: 4:12:39

00: 9.72 km/h

0000: 6:10 min/km

00000/000: 49 (of 78)

00000/0: 48 (of 74)

000000: 2:45:36

00000: 6(of 11)

0000000: 3:50:58

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	16:33	5:15	5	2:04	38	5:03	3.15	16:33	5:15	6		9	0:34
00 2	3.15	17:44	5:37	6	2:33	50	5:51	6.30	34:17	5:26	1	-	9	0:56
00 3	3.15	17:18	5:29	4	1:40	39	17:14	9.45	51:35	5:27	6		9	0:20
00 4	3.15	17:24	5:31	3	1:23	39	5:10	12.60	1:08:59	5:28	6		9	0:35
00 5	3.15	19:44	6:15	8	3:10	58	7:23	15.75	1:28:43	5:37	6	2:11	9	2:22
00 6	3.15	19:27	6:10	8	2:51	54	6:58	18.90	1:48:10	5:43	6	3:16	9	3:46
00 7	3.15	20:01	6:21	7	2:36	51	7:26	22.05	2:08:11	5:48	6	5:52	9	5:26
00 8	3.15	20:12	6:24	6	2:55	49	7:22	25.20	2:28:23	5:53	6	7:56	9	6:38
00 9	3.15	19:33	6:12	5	1:38	43	6:39	28.35	2:47:56	5:55	6	9:34	9	7:16
00 10	3.15	20:57	6:39	8	2:21	49	7:48	31.50	3:08:53	5:59	6	11:55	9	8:38
00 11	3.15	21:59	6:58	9	3:41	53	8:38	34.65	3:30:52	6:05	6	15:36	9	10:13
00 12	3.15	20:58	6:39	5	3:00	40	7:40	37.80	3:51:50	6:07	6	18:36	9	8:52
000 00	3.15	20:49	6:36	4	3:05	37	7:36	40.95	4:12:39	6:10	6	21:41	48	1:27:03