



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Gormanns, Kurt

□□: Bramsche

□□: 78

□□: 40.95 km

Marathon

□□□□:

Männer M55

□□□: 4:12:39

□□: 9.50 km/h

□□□□: 6:10 min/km

□□□□□/□□□: 49 (of 78)

□□□□□/□: 48 (of 74)

□□□□□□: 2:45:36

□□□□□: 6(of 11)

□□□□□□□: 3:50:58

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	16:33	5:15	5	2:04	38	5:03	3.15	16:33	5:15	6			9	0:34
□□ 2	3.15	17:44	5:37	6	2:33	50	5:51	6.30	34:17	5:26	1	-		9	0:56
□□ 3	3.15	17:18	5:29	4	1:40	39	17:14	9.45	51:35	5:27	6			9	0:20
□□ 4	3.15	17:24	5:31	3	1:23	39	5:10	12.60	1:08:59	5:28	6			9	0:35
□□ 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
□□ 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
□□ 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
□□ 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
□□ 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
□□ 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
□□ 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
□□ 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
□□□ □□	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	