



### 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

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Nielsen, Jörgen Steen

□□□: 4:25:00

□□: Guldborgsundlöberne / DULK

□□: 9.06 km/h

□□: 42

□□□□: 6:28 min/km

□□: 40.95 km

□□□□□/□□□: 54 (of 78)

Marathon

□□□□□/□: 53 (of 74)

□□□□:

□□□□□: 11(of 13)

Männer M40

□□□□□□□: 3:15:30

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	18:10	5:46	12	4:00	57	6:40	3.15	18:10	5:46	11	3:41	5	2:11	
□□ 2	3.15	18:15	5:47	12	3:51	57	6:22	6.30	36:25	5:46	11	7:32	5	3:04	
□□ 3	3.15	18:20	5:49	12	3:52	54	18:16	9.45	54:45	5:47	11	11:24	5	3:30	
□□ 4	3.15	18:26	5:51	12	3:46	53	6:12	12.60	1:13:11	5:48	11	15:10	5	4:47	
□□ 5	3.15	19:33	6:12	12	4:56	57	7:12	15.75	1:32:44	5:53	11	20:06	5	6:23	
□□ 6	3.15	18:50	5:58	11	3:43	48	6:21	18.90	1:51:34	5:54	11	23:49	5	7:10	
□□ 7	3.15	19:39	6:14	10	4:40	48	7:04	22.05	2:11:13	5:57	11	28:29	5	8:28	
□□ 8	3.15	21:11	6:43	11	5:51	52	8:21	25.20	2:32:24	6:02	11	34:20	5	10:39	
□□ 9	3.15	21:28	6:48	11	6:14	53	8:34	28.35	2:53:52	6:07	11	40:34	5	13:12	
□□ 10	3.15	21:51	6:56	11	7:21	54	8:42	31.50	3:15:43	6:12	11	47:55	5	15:28	
□□ 11	3.15	22:45	7:13	11	7:25	56	9:24	34.65	3:38:28	6:18	11	55:20	5	17:49	
□□ 12	3.15	23:23	7:25	11	7:22	54	10:05	37.80	4:01:51	6:23	11	1:02:42	5	18:53	
□□□ □□	3.15	23:09	7:20	11	6:48	54	9:56	40.95	4:25:00	6:28	11	1:09:30	53	1:39:24	