



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Roth, Ralf

□□: Frauensee

□□: 57

□□: 40.95 km

Marathon

□□□□:

Männer M45

□□□: 4:27:16

□□: 8.98 km/h

□□□□: 6:32 min/km

□□□□□/□□□: 56 (of 78)

□□□□□/□: 55 (of 74)

□□□□□□: 2:45:36

□□□□□: 14(of 21)

□□□□□□□: 3:15:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	16:44	5:18	12	3:38	42	5:14	3.15	16:44	5:18	9		3	0:45
□□ 2	3.15	17:23	5:31	14	3:45	45	5:30	6.30	34:07	5:24	9		3	0:46
□□ 3	3.15	17:39	5:36	11	3:46	47	17:35	9.45	51:46	5:28	9	0:05	3	0:31
□□ 4	3.15	18:16	5:47	14	4:09	50	6:02	12.60	1:10:02	5:33	9	1:07	3	1:38
□□ 5	3.15	19:32	6:12	16	5:18	56	7:11	15.75	1:29:34	5:41	9	3:35	3	3:13
□□ 6	3.15	19:29	6:11	14	5:05	55	7:00	18.90	1:49:03	5:46	9	5:09	3	4:39
□□ 7	3.15	20:13	6:25	13	5:34	54	7:38	22.05	2:09:16	5:51	9	7:08	3	6:31
□□ 8	3.15	20:28	6:29	14	5:18	50	7:38	25.20	2:29:44	5:56	9	8:38	3	7:59
□□ 9	3.15	22:13	7:03	13	6:42	57	9:19	28.35	2:51:57	6:03	9	10:51	3	11:17
□□ 10	3.15	22:48	7:14	14	6:42	60	9:39	31.50	3:14:45	6:10	9	13:40	3	14:30
□□ 11	3.15	24:34	7:47	15	8:00	63	11:13	34.65	3:39:19	6:19	9	16:44	3	18:40
□□ 12	3.15	25:17	8:01	15	8:51	66	11:59	37.80	4:04:36	6:28	9	19:34	3	21:38
□□□ □□	3.15	22:40	7:11	12	6:18	50	9:27	40.95	4:27:16	6:31	14	1:11:17	55	1:41:40