



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Förster, Udo

□□: 100 Marathon Club

□□: 36

□□: 40.95 km

Marathon

□□□□:

Männer M40

□□□: 4:28:05

□□: 8.95 km/h

□□□□: 6:33 min/km

□□□□□/□□□□: 58 (of 78)

□□□□□/□: 56 (of 74)

□□□□□□: 2:45:36

□□□□□: 12(of 13)

□□□□□□□: 3:15:30

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	18:09	5:45	11	3:59	56	6:39	3.15	18:09	5:45	12	3:40	2	2:10	
□□ 2	3.15	18:00	5:42	11	3:36	56	6:07	6.30	36:09	5:44	12	7:16	2	2:48	
□□ 3	3.15	17:00	5:23	6	2:32	35	16:56	9.45	53:09	5:37	12	9:48	2	1:54	
□□ 4	3.15	17:48	5:39	9	3:08	46	5:34	12.60	1:10:57	5:37	12	12:56	2	2:33	
□□ 5	3.15	18:57	6:00	11	4:20	51	6:36	15.75	1:29:54	5:42	12	17:16	2	3:33	
□□ 6	3.15	19:30	6:11	12	4:23	56	7:01	18.90	1:49:24	5:47	12	21:39	2	5:00	
□□ 7	3.15	20:03	6:21	12	5:04	52	7:28	22.05	2:09:27	5:52	12	26:43	2	6:42	
□□ 8	3.15	21:19	6:46	12	5:59	54	8:29	25.20	2:30:46	5:58	12	32:42	2	9:01	
□□ 9	3.15	22:46	7:13	13	7:32	61	9:52	28.35	2:53:32	6:07	12	40:14	2	12:52	
□□ 10	3.15	23:15	7:22	12	8:45	62	10:06	31.50	3:16:47	6:14	12	48:59	2	16:32	
□□ 11	3.15	24:24	7:44	13	9:04	62	11:03	34.65	3:41:11	6:23	12	58:03	2	20:32	
□□ 12	3.15	23:47	7:33	12	7:46	57	10:29	37.80	4:04:58	6:28	12	1:05:49	2	22:00	
□□□ □□	3.15	23:07	7:20	10	6:46	52	9:54	40.95	4:28:05	6:32	12	1:12:35	56	1:42:29	