



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Schwonburg, Dirk

□□: LC Auensee Leipzig

□□: 11

□□: 40.95 km

Marathon

□□□□:

Männer M45

□□□: 4:39:19

□□: 8.59 km/h

□□□□: 6:49 min/km

□□□□□/□□□: 62 (of 78)

□□□□□/□: 59 (of 74)

□□□□□□: 2:45:36

□□□□□: 15(of 21)

□□□□□□□: 3:15:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	20:00	6:20	21	6:54	73	8:30	3.15	20:00	6:20	8	2:33	36	4:01	
□□ 2	3.15	20:26	6:29	20	6:48	70	8:33	6.30	40:26	6:25	8	5:49	36	7:05	
□□ 3	3.15	20:26	6:29	19	6:33	69	20:22	9.45	1:00:52	6:26	8	9:11	36	9:37	
□□ 4	3.15	20:17	6:26	18	6:10	65	8:03	12.60	1:21:09	6:26	8	12:14	36	12:45	
□□ 5	3.15	20:27	6:29	18	6:13	65	8:06	15.75	1:41:36	6:27	8	15:37	36	15:15	
□□ 6	3.15	20:36	6:32	18	6:12	63	8:07	18.90	2:02:12	6:27	8	18:18	36	17:48	
□□ 7	3.15	21:10	6:43	17	6:31	62	8:35	22.05	2:23:22	6:30	8	21:14	36	20:37	
□□ 8	3.15	21:14	6:44	15	6:04	53	8:24	25.20	2:44:36	6:31	8	23:30	36	22:51	
□□ 9	3.15	22:18	7:04	14	6:47	58	9:24	28.35	3:06:54	6:35	8	25:48	36	26:14	
□□ 10	3.15	22:14	7:03	13	6:08	56	9:05	31.50	3:29:08	6:38	8	28:03	36	28:53	
□□ 11	3.15	23:30	7:27	14	6:56	59	10:09	34.65	3:52:38	6:42	8	30:03	36	31:59	
□□ 12	3.15	23:17	7:23	13	6:51	53	9:59	37.80	4:15:55	6:46	8	30:53	36	32:57	
□□□ □□	3.15	23:24	7:25	13	7:02	55	10:11	40.95	4:39:19	6:49	15	1:23:20	59	1:53:43	