



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Harnisch, Wolfgang

000: 4:41:16

00: RLV

00: 8.53 km/h

00: 79

0000: 6:52 min/km

00: 40.95 km

00000/000: 64 (of 78)

Marathon

00000/0: 61 (of 74)

000000: 2:45:36

0000:

00000: 11(of 11)

Männer M55

0000000: 3:50:58

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.15	18:18	5:48	9	3:49	60	6:48	3.15	18:18	5:48	11	1:17	34	2:19
00 2	3.15	18:52	5:59	9	3:41	60	6:59	6.30	37:10	5:53	11	2:53	34	3:49
00 3	3.15	19:10	6:05	9	3:32	59	19:06	9.45	56:20	5:57	11	4:43	34	5:05
00 4	3.15	19:36	6:13	8	3:35	58	7:22	12.60	1:15:56	6:01	11	6:48	34	7:32
00 5	3.15	20:07	6:23	9	3:33	59	7:46	15.75	1:36:03	6:05	11	9:31	34	9:42
00 6	3.15	20:46	6:35	11	4:10	66	8:17	18.90	1:56:49	6:10	11	11:55	34	12:25
00 7	3.15	21:24	6:47	11	3:59	66	8:49	22.05	2:18:13	6:16	11	15:54	34	15:28
00 8	3.15	21:42	6:53	10	4:25	61	8:52	25.20	2:39:55	6:20	11	19:28	34	18:10
00 9	3.15	23:31	7:27	11	5:36	68	10:37	28.35	3:03:26	6:28	11	25:04	34	22:46
00 10	3.15	24:33	7:47	11	5:57	66	11:24	31.50	3:27:59	6:36	11	31:01	34	27:44
00 11	3.15	24:04	7:38	11	5:46	61	10:43	34.65	3:52:03	6:41	11	36:47	34	31:24
00 12	3.15	24:42	7:50	11	6:44	62	11:24	37.80	4:16:45	6:47	11	43:31	34	33:47
000 00	3.15	24:31	7:46	11	6:47	59	11:18	40.95	4:41:16	6:52	11	50:18	61	1:55:40