



# 3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

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Gerlach, Jörg

□□: 100 Marathon Club

□□: 53

□□: 40.95 km

Marathon

□□□□:

Männer M45

□□□: 4:41:54

□□: 8.51 km/h

□□□□: 6:53 min/km

□□□□□/□□□: 66 (of 78)

□□□□□/□: 63 (of 74)

□□□□□□: 2:45:36

□□□□□: 16(of 21)

□□□□□□□: 3:15:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	17:53	5:40	16	4:47	54	6:23	3.15	17:53	5:40	7	0:26	32	1:54
□□ 2	3.15	17:58	5:42	16	4:20	55	6:05	6.30	35:51	5:41	7	1:14	32	2:30
□□ 3	3.15	19:03	6:02	16	5:10	58	18:59	9.45	54:54	5:48	7	3:13	32	3:39
□□ 4	3.15	19:12	6:05	15	5:05	56	6:58	12.60	1:14:06	5:52	7	5:11	32	5:42
□□ 5	3.15	19:28	6:10	15	5:14	55	7:07	15.75	1:33:34	5:56	7	7:35	32	7:13
□□ 6	3.15	20:30	6:30	17	6:06	62	8:01	18.90	1:54:04	6:02	7	10:10	32	9:40
□□ 7	3.15	21:09	6:42	16	6:30	61	8:34	22.05	2:15:13	6:07	7	13:05	32	12:28
□□ 8	3.15	22:32	7:09	19	7:22	67	9:42	25.20	2:37:45	6:15	7	16:39	32	16:00
□□ 9	3.15	22:43	7:12	15	7:12	60	9:49	28.35	3:00:28	6:21	7	19:22	32	19:48
□□ 10	3.15	24:51	7:53	17	8:45	68	11:42	31.50	3:25:19	6:31	7	24:14	32	25:04
□□ 11	3.15	25:44	8:10	16	9:10	67	12:23	34.65	3:51:03	6:40	7	28:28	32	30:24
□□ 12	3.15	25:50	8:12	16	9:24	68	12:32	37.80	4:16:53	6:47	7	31:51	32	33:55
□□□ □□	3.15	25:01	7:56	14	8:39	63	11:48	40.95	4:41:54	6:53	16	1:25:55	63	1:56:18