



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Ulmschneider, Klaus-Peter

□□□: 4:45:02

□□: 100 Marathon Club

□□: 8.42 km/h

□□: 64

□□□□: 6:58 min/km

□□: 40.95 km

□□□□□/□□□: 70 (of 78)

Marathon

□□□□□/□: 67 (of 74)

□□□□□□: 2:45:36

□□□□:

□□□□□: 17(of 21)

Männer M45

□□□□□□□: 3:15:59

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	16:48	5:20	14	3:42	44	5:18	3.15	16:48	5:20	6		19	0:49
□□ 2	3.15	17:42	5:37	15	4:04	49	5:49	6.30	34:30	5:28	6		28	1:09
□□ 3	3.15	18:19	5:48	15	4:26	53	18:15	9.45	52:49	5:35	6	1:08	28	1:34
□□ 4	3.15	20:00	6:20	16	5:53	62	7:46	12.60	1:12:49	5:46	6	3:54	28	4:25
□□ 5	3.15	19:05	6:03	14	4:51	53	6:44	15.75	1:31:54	5:50	6	5:55	28	5:33
□□ 6	3.15	19:58	6:20	15	5:34	57	7:29	18.90	1:51:52	5:55	6	7:58	28	7:28
□□ 7	3.15	20:19	6:26	14	5:40	55	7:44	22.05	2:12:11	5:59	6	10:03	28	9:26
□□ 8	3.15	21:56	6:57	17	6:46	65	9:06	25.20	2:34:07	6:06	6	13:01	28	12:22
□□ 9	3.15	22:53	7:15	16	7:22	62	9:59	28.35	2:57:00	6:14	6	15:54	28	16:20
□□ 10	3.15	23:34	7:28	15	7:28	64	10:25	31.50	3:20:34	6:22	6	19:29	28	20:19
□□ 11	3.15	27:54	8:51	21	11:20	74	14:33	34.65	3:48:28	6:35	6	25:53	28	27:49
□□ 12	3.15	28:47	9:08	21	12:21	74	15:29	37.80	4:17:15	6:48	6	32:13	28	34:17
□□□ □□	3.15	27:47	8:49	18	11:25	70	14:34	40.95	4:45:02	6:57	17	1:29:03	67	1:59:26