



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Albrecht, Steffen

□□: Reichenbach

□□: 46

□□: 40.95 km

Marathon

□□□□:

Männer M45

□□□: 4:52:48

□□: 8.20 km/h

□□□□: 7:09 min/km

□□□□□/□□□: 73 (of 78)

□□□□□/□: 69 (of 74)

□□□□□□: 2:45:36

□□□□□: 18(of 21)

□□□□□□□: 3:15:59

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	18:14	5:47	17	5:08	58	6:44	3.15	18:14	5:47	5	0:47	18	2:15	
□□ 2	3.15	19:59	6:20	18	6:21	68	8:06	6.30	38:13	6:03	5	3:36	26	4:52	
□□ 3	3.15	20:04	6:22	17	6:11	64	20:00	9.45	58:17	6:10	5	6:36	26	7:02	
□□ 4	3.15	20:30	6:30	19	6:23	66	8:16	12.60	1:18:47	6:15	5	9:52	26	10:23	
□□ 5	3.15	20:56	6:38	19	6:42	68	8:35	15.75	1:39:43	6:19	5	13:44	26	13:22	
□□ 6	3.15	20:48	6:36	19	6:24	68	8:19	18.90	2:00:31	6:22	5	16:37	26	16:07	
□□ 7	3.15	21:16	6:45	19	6:37	64	8:41	22.05	2:21:47	6:25	5	19:39	26	19:02	
□□ 8	3.15	22:13	7:03	18	7:03	66	9:23	25.20	2:44:00	6:30	5	22:54	26	22:15	
□□ 9	3.15	25:07	7:58	19	9:36	71	12:13	28.35	3:09:07	6:40	5	28:01	26	28:27	
□□ 10	3.15	25:35	8:07	19	9:29	71	12:26	31.50	3:34:42	6:48	5	33:37	26	34:27	
□□ 11	3.15	25:54	8:13	17	9:20	68	12:33	34.65	4:00:36	6:56	5	38:01	26	39:57	
□□ 12	3.15	26:25	8:23	17	9:59	69	13:07	37.80	4:27:01	7:03	5	41:59	26	44:03	
□□□ □□	3.15	25:47	8:11	15	9:25	65	12:34	40.95	4:52:48	7:09	18	1:36:49	69	2:07:12	