



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

□□□□

Schwengler, Franz

□□: Planet-Marathon.de Nürnberg

□□: 60

□□: 40.95 km

Marathon

□□□□:

Männer M45

□□□: 5:04:21

□□: 7.89 km/h

□□□□: 7:26 min/km

□□□□□/□□□: 77 (of 78)

□□□□□/□: 73 (of 74)

□□□□□□: 2:45:36

□□□□□: 20(of 21)

□□□□□□□: 3:15:59

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.15	18:36	5:54	18	5:30	63	7:06	3.15	18:36	5:54	3	1:09	22	2:37	
□□ 2	3.15	19:59	6:20	18	6:21	68	8:06	6.30	38:35	6:07	3	3:58	22	5:14	
□□ 3	3.15	21:07	6:42	20	7:14	70	21:03	9.45	59:42	6:19	3	8:01	22	8:27	
□□ 4	3.15	21:01	6:40	20	6:54	69	8:47	12.60	1:20:43	6:24	3	11:48	22	12:19	
□□ 5	3.15	21:56	6:57	21	7:42	73	9:35	15.75	1:42:39	6:31	3	16:40	22	16:18	
□□ 6	3.15	21:23	6:47	20	6:59	71	8:54	18.90	2:04:02	6:33	3	20:08	22	19:38	
□□ 7	3.15	22:05	7:00	20	7:26	71	9:30	22.05	2:26:07	6:37	3	23:59	22	23:22	
□□ 8	3.15	24:26	7:45	21	9:16	74	11:36	25.20	2:50:33	6:46	3	29:27	22	28:48	
□□ 9	3.15	25:26	8:04	20	9:55	72	12:32	28.35	3:15:59	6:54	3	34:53	22	35:19	
□□ 10	3.15	27:13	8:38	21	11:07	73	14:04	31.50	3:43:12	7:05	3	42:07	22	42:57	
□□ 11	3.15	26:18	8:20	18	9:44	69	12:57	34.65	4:09:30	7:12	3	46:55	22	48:51	
□□ 12	3.15	26:50	8:31	19	10:24	71	13:32	37.80	4:36:20	7:18	3	51:18	22	53:22	
□□□ □□	3.15	28:01	8:53	19	11:39	71	14:48	40.95	5:04:21	7:25	20	1:48:22	73	2:18:45	