



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

0000

Ickert, Peter

00: RSC

00: 100

00: 40.95 km

Marathon

0000:

Männer M45

000: 5:07:41

00: 7.80 km/h

0000: 7:31 min/km

00000/000: 78 (of 78)

00000/0: 74 (of 74)

000000: 2:45:36

00000: 21(of 21)

0000000: 3:15:59

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| 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 | 19:52 | 6:18 | 20 | 6:46 | 69 | 8:22 | 3.15 | 19:52 | 6:18 | 2 | 2:25 | 21 | 3:53 |
| 00 2 | 3.15 | 21:23 | 6:47 | 21 | 7:45 | 73 | 9:30 | 6.30 | 41:15 | 6:32 | 2 | 6:38 | 21 | 7:54 |
| 00 3 | 3.15 | 21:54 | 6:57 | 21 | 8:01 | 73 | 21:50 | 9.45 | 1:03:09 | 6:40 | 2 | 11:28 | 21 | 11:54 |
| 00 4 | 3.15 | 21:18 | 6:45 | 21 | 7:11 | 71 | 9:04 | 12.60 | 1:24:27 | 6:42 | 2 | 15:32 | 21 | 16:03 |
| 00 5 | 3.15 | 21:27 | 6:48 | 20 | 7:13 | 71 | 9:06 | 15.75 | 1:45:54 | 6:43 | 2 | 19:55 | 21 | 19:33 |
| 00 6 | 3.15 | 22:00 | 6:59 | 21 | 7:36 | 74 | 9:31 | 18.90 | 2:07:54 | 6:46 | 2 | 24:00 | 21 | 23:30 |
| 00 7 | 3.15 | 22:19 | 7:05 | 21 | 7:40 | 72 | 9:44 | 22.05 | 2:30:13 | 6:48 | 2 | 28:05 | 21 | 27:28 |
| 00 8 | 3.15 | 23:58 | 7:36 | 20 | 8:48 | 70 | 11:08 | 25.20 | 2:54:11 | 6:54 | 2 | 33:05 | 21 | 32:26 |
| 00 9 | 3.15 | 25:43 | 8:09 | 21 | 10:12 | 73 | 12:49 | 28.35 | 3:19:54 | 7:03 | 2 | 38:48 | 21 | 39:14 |
| 00 10 | 3.15 | 27:11 | 8:37 | 20 | 11:05 | 72 | 14:02 | 31.50 | 3:47:05 | 7:12 | 2 | 46:00 | 21 | 46:50 |
| 00 11 | 3.15 | 27:08 | 8:36 | 19 | 10:34 | 72 | 13:47 | 34.65 | 4:14:13 | 7:20 | 2 | 51:38 | 21 | 53:34 |
| 00 12 | 3.15 | 26:31 | 8:25 | 18 | 10:05 | 70 | 13:13 | 37.80 | 4:40:44 | 7:25 | 2 | 55:42 | 21 | 57:46 |
| 000 00 | 3.15 | 26:57 | 8:33 | 17 | 10:35 | 68 | 13:44 | 40.95 | 5:07:41 | 7:30 | 21 | 1:51:42 | 74 | 2:22:05 |