



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Zschäbitz, Ralf

00: Philippsthaler Landgrafen

00: 54

00: 22.75 km

Halbmarathon

0000:

Männer M45

000: 1:55:50

00: 11.78 km/h

0000: 5:05 min/km

00000/000: 3 (of 7)

00000/0: 3 (of 6)

000000: 1:48:49

00000: 2(of 3)

0000000: 1:48:49

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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	3.25	13:48	4:14	1	-	1	-	3.25	13:48	4:14	1	-	1	-
00 2	3.25	14:59	4:36	2	0:08	2	0:08	6.50	28:47	4:25	1	-	1	-
00 3	3.25	16:27	5:03	2	1:01	3	1:01	9.75	45:14	4:38	1	-	1	-
00 4	3.25	16:38	5:07	2	1:19	3	1:19	13.00	1:01:52	4:45	3	-	6	-
00 5	3.25	16:52	5:11	2	1:08	3	1:08	16.25	1:18:44	4:50	1	-	1	-
00 6	3.25	17:53	5:30	2	1:37	3	1:37	19.50	1:36:37	4:57	1	-	1	-
000 00	3.25	19:13	5:54	2	2:21	3	2:21	22.75	1:55:50	5:05	2	7:01	3	7:01