



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Hell, Roland

00: Zeitjäger

00: 23

00: 22.75 km

Halbmarathon

0000:

Männer M40

000: 2:45:24

00: 8.25 km/h

0000: 7:16 min/km

00000/000: 6 (of 7)

00000/0: 5 (of 6)

000000: 1:48:49

00000: 2(of 2)

0000000: 1:52:39

0000

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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	17:43	5:27	2	2:30	4	3:55	3.25	17:43	5:27	1	-	3	3:55
00 2	3.25	22:25	6:53	2	6:42	6	7:34	6.50	40:08	6:10	1	-	3	11:21
00 3	3.25	23:21	7:11	2	7:38	6	7:55	9.75	1:03:29	6:30	1	-	3	18:15
00 4	3.25	23:26	7:12	2	7:45	5	8:07	13.00	1:26:55	6:41	1	-	1	-
00 5	3.25	25:32	7:51	2	9:40	6	9:48	16.25	1:52:27	6:55	1	-	3	33:43
00 6	3.25	27:07	8:20	2	10:47	6	10:51	19.50	2:19:34	7:09	1	-	3	42:57
000 00	3.25	25:50	7:56	2	7:43	5	8:58	22.75	2:45:24	7:16	2	52:45	5	56:35