



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Muhs, Matthias

00: TV-Fürstenwalde

00: 44

00: 42.25 km

Marathon

0000:

Männer M45

000: 3:14:03

00: 12.99 km/h

0000: 4:35 min/km

00000/000: 5 (of 86)

00000/0: 5 (of 74)

000000: 2:43:30

00000: 1(of 20)

0000000: 3:14:03

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	13:31	4:09	1	-	6	2:06	3.25	13:31	4:09	11	-	52	
00 2	3.25	13:56	4:17	1	-	5	1:51	6.50	27:27	4:13	11	-	52	
00 3	3.25	14:00	4:18	1	-	2	1:46	9.75	41:27	4:15	9	-	48	
00 4	3.25	14:19	4:24	1	-	3	1:48	13.00	55:46	4:17	1	-	39	
00 5	3.25	14:21	4:24	1	-	4	1:44	16.25	1:10:07	4:18	11	-	51	
00 6	3.25	14:36	4:29	2	0:19	6	1:56	19.50	1:24:43	4:20	17	-	38	
00 7	3.25	14:42	4:31	1	-	5	1:59	22.75	1:39:25	4:22	19	-	50	
00 8	3.25	14:52	4:34	1	-	5	1:59	26.00	1:54:17	4:23	11	-	41	
00 9	3.25	15:03	4:37	1	-	4	2:27	29.25	2:09:20	4:25	9	-	50	
00 10	3.25	15:38	4:48	1	-	7	2:52	32.50	2:24:58	4:27	11	-	52	
00 11	3.25	16:10	4:58	2	0:09	8	3:09	35.75	2:41:08	4:30	10	-	51	
00 12	3.25	16:34	5:05	2	0:04	8	3:30	39.00	2:57:42	4:33	9	-	38	
000 00	3.25	16:21	5:01	3	1:21	11	3:26	42.25	3:14:03	4:35	1	-	6	2:19:23