



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Jensen, Lasse Taagaard

00: Aalborg Triathlon Klub

00: 15

00: 42.25 km

Marathon

0000:

Männer M35

000: 3:15:51

00: 12.87 km/h

0000: 4:38 min/km

00000/0000: 6 (of 86)

00000/0: 6 (of 74)

000000: 2:43:30

00000: 2(of 6)

0000000: 3:04:02

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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	14:59	4:36	2	2:32	16	3:34	3.25	14:59	4:36	2	2:32	51	
00 2	3.25	14:32	4:28	2	0:52	8	2:27	6.50	29:31	4:32	2	3:24	51	
00 3	3.25	15:01	4:37	2	0:56	12	2:47	9.75	44:32	4:34	2	4:20	47	
00 4	3.25	14:50	4:33	2	1:01	8	2:19	13.00	59:22	4:33	2	5:21	40	
00 5	3.25	14:36	4:29	2	0:49	6	1:59	16.25	1:13:58	4:33	1	-	52	
00 6	3.25	14:30	4:27	2	0:48	5	1:50	19.50	1:28:28	4:32	2	6:58	39	
00 7	3.25	14:46	4:32	2	1:00	7	2:03	22.75	1:43:14	4:32	2	7:58	49	
00 8	3.25	14:54	4:35	2	0:50	6	2:01	26.00	1:58:08	4:32	6	8:48	66	
00 9	3.25	15:18	4:42	2	1:09	7	2:42	29.25	2:13:26	4:33	2	9:57	49	
00 10	3.25	15:31	4:46	2	1:06	6	2:45	32.50	2:28:57	4:34	2	11:03	51	
00 11	3.25	15:28	4:45	2	0:18	6	2:27	35.75	2:44:25	4:35	2	11:21	50	
00 12	3.25	15:34	4:47	2	0:04	6	2:30	39.00	2:59:59	4:36	6	11:25	61	
000 00	3.25	15:52	4:52	2	0:24	7	2:57	42.25	3:15:51	4:38	2	11:49	7	2:21:11