



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Hein, Oliver

00: Vacha

00: 98

00: 42.25 km

Marathon

0000:

Männer M30

000: 3:18:25

00: 12.70 km/h

0000: 4:42 min/km

00000/0000: 7 (of 86)

00000/0: 7 (of 74)

000000: 2:43:30

00000: 1(of 7)

0000000: 3:18:25

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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	13:29	4:08	2	0:05	4	2:04	3.25	13:29	4:08	1	-	50	
00 2	3.25	13:53	4:16	2	0:09	4	1:48	6.50	27:22	4:12	1	-	50	
00 3	3.25	14:02	4:19	1	-	3	1:48	9.75	41:24	4:14	1	-	46	
00 4	3.25	14:22	4:25	1	-	4	1:51	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	1	-	51	
00 6	3.25	14:37	4:29	1	-	7	1:57	19.50	1:24:44	4:20	1	-	40	
00 7	3.25	14:42	4:31	1	-	5	1:59	22.75	1:39:26	4:22	1	-	48	
00 8	3.25	14:51	4:34	1	-	4	1:58	26.00	1:54:17	4:23	1	-	41	
00 9	3.25	15:27	4:45	2	0:23	8	2:51	29.25	2:09:44	4:26	1	-	48	
00 10	3.25	16:29	5:04	4	1:48	16	3:43	32.50	2:26:13	4:29	1	-	50	
00 11	3.25	16:56	5:12	2	1:42	12	3:55	35.75	2:43:09	4:33	1	-	49	
00 12	3.25	17:55	5:30	3	3:40	16	4:51	39.00	3:01:04	4:38	6		62	
000 00	3.25	17:21	5:20	2	3:29	16	4:26	42.25	3:18:25	4:41	1	-	8	2:23:45