



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Hein, Michael

00: Kolding Motion

00: 2

00: 42.25 km

Marathon

0000:

Männer M30

000: 3:18:59

00: 12.66 km/h

0000: 4:43 min/km

00000/0000: 8 (of 86)

00000/0: 8 (of 74)

000000: 2:43:30

00000: 2(of 7)

0000000: 3:18:25

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	15:25	4:44	5	2:01	25	4:00	3.25	15:25	4:44	2	1:56	49	
00 2	3.25	15:28	4:45	5	1:44	17	3:23	6.50	30:53	4:45	2	3:31	49	
00 3	3.25	15:32	4:46	5	1:30	17	3:18	9.75	46:25	4:45	2	5:01	45	
00 4	3.25	16:01	4:55	5	1:39	19	3:30	13.00	1:02:26	4:48	2	6:40	42	
00 5	3.25	15:49	4:51	5	1:28	17	3:12	16.25	1:18:15	4:48	2	8:08	50	
00 6	3.25	16:18	5:00	5	1:41	20	3:38	19.50	1:34:33	4:50	2	9:49	41	
00 7	3.25	15:44	4:50	3	1:02	14	3:01	22.75	1:50:17	4:50	2	10:51	47	
00 8	3.25	15:36	4:47	2	0:45	10	2:43	26.00	2:05:53	4:50	7	11:36	71	
00 9	3.25	15:04	4:38	1	-	5	2:28	29.25	2:20:57	4:49	2	11:13	47	
00 10	3.25	14:41	4:31	1	-	4	1:55	32.50	2:35:38	4:47	2	9:25	49	
00 11	3.25	15:14	4:41	1	-	4	2:13	35.75	2:50:52	4:46	2	7:43	48	
00 12	3.25	14:15	4:23	1	-	3	1:11	39.00	3:05:07	4:44	7		63	
000 00	3.25	13:52	4:15	1	-	3	0:57	42.25	3:18:59	4:42	2	0:34	9	2:24:19