



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Tschapka, Frank

00: Magdeburg

00: 31

00: 42.25 km

Marathon

0000:

Männer M40

000: 3:21:30

00: 12.51 km/h

0000: 4:46 min/km

00000/000: 9 (of 86)

00000/0: 9 (of 74)

000000: 2:43:30

00000: 4(of 16)

0000000: 2:43:30

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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	13:30	4:09	2	2:05	5	2:05	3.25	13:30	4:09	5			38
00 2	3.25	14:39	4:30	3	2:34	10	2:34	6.50	28:09	4:19	5			38
00 3	3.25	15:00	4:36	3	2:46	10	2:46	9.75	43:09	4:25	4	7:25		35
00 4	3.25	15:06	4:38	3	2:35	11	2:35	13.00	58:15	4:28	12	10:00		58
00 5	3.25	15:15	4:41	4	2:38	10	2:38	16.25	1:13:30	4:31	3	0:22		49
00 6	3.25	15:21	4:43	4	2:41	13	2:41	19.50	1:28:51	4:33	4	15:19		42
00 7	3.25	15:27	4:45	4	2:44	11	2:44	22.75	1:44:18	4:35	4	18:03		46
00 8	3.25	15:43	4:50	4	2:50	12	2:50	26.00	2:00:01	4:36	14	20:53		68
00 9	3.25	15:57	4:54	4	3:21	11	3:21	29.25	2:15:58	4:38	3	24:14		46
00 10	3.25	16:20	5:01	4	3:34	12	3:34	32.50	2:32:18	4:41	4	27:48		48
00 11	3.25	16:29	5:04	4	3:28	10	3:28	35.75	2:48:47	4:43	4	31:16		47
00 12	3.25	16:35	5:06	4	3:31	9	3:31	39.00	3:05:22	4:45	4	34:47		39
000 00	3.25	16:08	4:57	4	3:13	9	3:13	42.25	3:21:30	4:46	5	2:26:50	10	2:26:50