



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Josef, Kalat

00: AK Litvinov

00: 75

00: 42.25 km

Marathon

0000:

Männer M55

000: 3:23:06

00: 12.41 km/h

0000: 4:49 min/km

00000/000: 11 (of 86)

00000/0: 11 (of 74)

000000: 2:43:30

00000: 1(of 7)

0000000: 3:23:06

0000

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	13:37	4:11	1	-	8	2:12	3.25	13:37	4:11	1	-	46	
00 2	3.25	14:30	4:27	1	-	7	2:25	6.50	28:07	4:19	1	-	46	
00 3	3.25	14:39	4:30	1	-	6	2:25	9.75	42:46	4:23	1	-	42	
00 4	3.25	14:58	4:36	1	-	10	2:27	13.00	57:44	4:26	1	-	43	
00 5	3.25	15:20	4:43	1	-	13	2:43	16.25	1:13:04	4:29	1	-	38	
00 6	3.25	15:03	4:37	1	-	9	2:23	19.50	1:28:07	4:31	1	-	44	
00 7	3.25	15:09	4:39	1	-	8	2:26	22.75	1:43:16	4:32	1	-	34	
00 8	3.25	15:37	4:48	1	-	11	2:44	26.00	1:58:53	4:34	7	-	67	
00 9	3.25	15:57	4:54	1	-	11	3:21	29.25	2:14:50	4:36	1	-	44	
00 10	3.25	16:27	5:03	1	-	15	3:41	32.50	2:31:17	4:39	1	-	46	
00 11	3.25	17:04	5:15	1	-	14	4:03	35.75	2:48:21	4:42	1	-	45	
00 12	3.25	17:50	5:29	1	-	15	4:46	39.00	3:06:11	4:46	6	-	64	
000 00	3.25	16:55	5:12	1	-	13	4:00	42.25	3:23:06	4:48	1	-	12	2:28:26