



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Brosig, Jochen

00: FSV Großensee

00: 37

00: 42.25 km

Marathon

0000:

Männer M45

000: 3:24:04

00: 12.35 km/h

0000: 4:50 min/km

00000/000: 13 (of 86)

00000/0: 13 (of 74)

000000: 2:43:30

00000: 3(of 20)

0000000: 3:14:03

0000

0000

000

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	15:12	4:40	6	1:41	19	3:47	3.25	15:12	4:40	19			39
00 2	3.25	15:40	4:49	6	1:44	19	3:35	6.50	30:52	4:44	19			44
00 3	3.25	15:47	4:51	5	1:47	19	3:33	9.75	46:39	4:47	17			40
00 4	3.25	15:58	4:54	5	1:39	18	3:27	13.00	1:02:37	4:48	16	6:51		45
00 5	3.25	15:31	4:46	4	1:10	16	2:54	16.25	1:18:08	4:48	19			45
00 6	3.25	15:41	4:49	4	1:24	15	3:01	19.50	1:33:49	4:48	16	3:08		46
00 7	3.25	15:22	4:43	2	0:40	9	2:39	22.75	1:49:11	4:47	18	2:57		42
00 8	3.25	15:31	4:46	3	0:39	9	2:38	26.00	2:04:42	4:47	18			45
00 9	3.25	16:01	4:55	4	0:58	14	3:25	29.25	2:20:43	4:48	17			42
00 10	3.25	15:50	4:52	2	0:12	8	3:04	32.50	2:36:33	4:49	19			44
00 11	3.25	16:01	4:55	1	-	7	3:00	35.75	2:52:34	4:49	18			43
00 12	3.25	16:30	5:04	1	-	7	3:26	39.00	3:09:04	4:50	18			66
000 00	3.25	15:00	4:36	1	-	5	2:05	42.25	3:24:04	4:49	3	10:01	14	2:29:24