



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Reiser, Jürgen

00: LG RWE Power

00: 46

00: 42.25 km

Marathon

0000:

Männer M45

000: 3:24:35

00: 12.39 km/h

0000: 4:50 min/km

00000/000: 15 (of 86)

00000/0: 14 (of 74)

000000: 2:43:30

00000: 4(of 20)

0000000: 3:14:03

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	14:43	4:31	5	1:12	14	3:18	3.25	14:43	4:31	18	-	43	
00 2	3.25	14:53	4:34	3	0:57	12	2:48	6.50	29:36	4:33	18	-	43	
00 3	3.25	15:07	4:39	3	1:07	15	2:53	9.75	44:43	4:35	16	-	36	
00 4	3.25	15:17	4:42	2	0:58	13	2:46	13.00	1:00:00	4:36	19	4:14	62	
00 5	3.25	15:18	4:42	2	0:57	11	2:41	16.25	1:15:18	4:38	18	-	41	
00 6	3.25	14:17	4:23	1	-	4	1:37	19.50	1:29:35	4:35	15	-	34	
00 7	3.25	16:53	5:11	5	2:11	21	4:10	22.75	1:46:28	4:40	17	0:14	41	
00 8	3.25	15:44	4:50	4	0:52	13	2:51	26.00	2:02:12	4:42	20	-	70	
00 9	3.25	15:59	4:55	3	0:56	13	3:23	29.25	2:18:11	4:43	16	-	41	
00 10	3.25	16:24	5:02	4	0:46	14	3:38	32.50	2:34:35	4:45	18	-	43	
00 11	3.25	16:43	5:08	4	0:42	11	3:42	35.75	2:51:18	4:47	17	-	42	
00 12	3.25	16:49	5:10	3	0:19	10	3:45	39.00	3:08:07	4:49	17	-	65	
000 00	3.25	16:28	5:03	4	1:28	12	3:33	42.25	3:24:35	4:50	4	10:32	15	2:29:55