



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Reineke, Mario

00: Non-Stop-Ultra

00: 6

00: 42.25 km

Marathon

0000:

Männer M30

000: 3:26:20

00: 12.21 km/h

0000: 4:53 min/km

00000/000: 16 (of 86)

00000/0: 15 (of 74)

000000: 2:43:30

00000: 4(of 7)

0000000: 3:18:25

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	13:52	4:15	3	0:28	9	2:27	3.25	13:52	4:15	4	0:23	41	
00 2	3.25	15:11	4:40	4	1:27	15	3:06	6.50	29:03	4:28	4	1:41	41	
00 3	3.25	14:41	4:31	3	0:39	7	2:27	9.75	43:44	4:29	4	2:20	38	
00 4	3.25	14:53	4:34	3	0:31	9	2:22	13.00	58:37	4:30	4	2:51	46	
00 5	3.25	15:02	4:37	3	0:41	9	2:25	16.25	1:13:39	4:31	4	3:32	43	
00 6	3.25	15:19	4:42	3	0:42	11	2:39	19.50	1:28:58	4:33	4	4:14	48	
00 7	3.25	15:47	4:51	4	1:05	15	3:04	22.75	1:44:45	4:36	4	5:19	40	
00 8	3.25	15:47	4:51	4	0:56	16	2:54	26.00	2:00:32	4:38	3	6:15	46	
00 9	3.25	16:12	4:59	3	1:08	15	3:36	29.25	2:16:44	4:40	4	7:00	40	
00 10	3.25	16:23	5:02	3	1:42	13	3:37	32.50	2:33:07	4:42	4	6:54	42	
00 11	3.25	17:07	5:15	4	1:53	15	4:06	35.75	2:50:14	4:45	4	7:05	41	
00 12	3.25	17:22	5:20	2	3:07	12	4:18	39.00	3:07:36	4:48	2	2:18	42	
000 00	3.25	18:44	5:45	4	4:52	27	5:49	42.25	3:26:20	4:53	4	7:55	16	2:31:40