



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Helmert, Michael

00: DJK Marienstatt

00: 24

00: 42.25 km

Marathon

0000:

Männer M40

000: 3:38:19

00: 11.54 km/h

0000: 5:10 min/km

00000/000: 19 (of 86)

00000/0: 18 (of 74)

000000: 2:43:30

00000: 5(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	15:12	4:40	5	3:47	19	3:47	3.25	15:12	4:40	6			39
00 2	3.25	15:46	4:51	5	3:41	22	3:41	6.50	30:58	4:45	6			39
00 3	3.25	15:58	4:54	5	3:44	21	3:44	9.75	46:56	4:48	5	11:12		61
00 4	3.25	16:30	5:04	7	3:59	27	3:59	13.00	1:03:26	4:52	3	15:11		48
00 5	3.25	16:02	4:56	5	3:25	19	3:25	16.25	1:19:28	4:53	4	6:20		40
00 6	3.25	16:11	4:58	6	3:31	19	3:31	19.50	1:35:39	4:54	5	22:07		50
00 7	3.25	16:50	5:10	6	4:07	20	4:07	22.75	1:52:29	4:56	5	26:14		37
00 8	3.25	16:46	5:09	5	3:53	19	3:53	26.00	2:09:15	4:58	15	30:07		72
00 9	3.25	17:08	5:16	5	4:32	19	4:32	29.25	2:26:23	5:00	4	34:39		37
00 10	3.25	18:07	5:34	6	5:21	25	5:21	32.50	2:44:30	5:03	5	40:00		39
00 11	3.25	18:05	5:33	6	5:04	22	5:04	35.75	3:02:35	5:06	5	45:04		38
00 12	3.25	18:01	5:32	6	4:57	19	4:57	39.00	3:20:36	5:08	5	50:01		45
000 00	3.25	17:43	5:27	7	4:48	20	4:48	42.25	3:38:19	5:10	6	2:43:39	19	2:43:39