



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

□□□□

Steinicke, Thomas

□□: SGW 05 Berlin

□□: 68

□□: 42.25 km

Marathon

□□□□:

Männer M50

□□□: 3:44:33

□□: 11.22 km/h

□□□□: 5:19 min/km

□□□□□/□□□□: 26 (of 86)

□□□□□/□: 25 (of 74)

□□□□□□: 2:43:30

□□□□□: 2(of 14)

□□□□□□□: 3:41:56

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|---------|------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:20 | 5:19 | 9 | 2:08 | 45 | 5:55 | 3.25 | 17:20 | 5:19 | 2 | 2:06 | 69 | |
| □□ 2 | 3.25 | 17:24 | 5:21 | 7 | 1:41 | 42 | 5:19 | 6.50 | 34:44 | 5:20 | 2 | 3:47 | 69 | |
| □□ 3 | 3.25 | 17:21 | 5:20 | 5 | 1:30 | 39 | 5:07 | 9.75 | 52:05 | 5:20 | 2 | 5:17 | 52 | |
| □□ 4 | 3.25 | 17:41 | 5:26 | 5 | 1:36 | 38 | 5:10 | 13.00 | 1:09:46 | 5:21 | 1 | - | 51 | |
| □□ 5 | 3.25 | 17:11 | 5:17 | 5 | 0:56 | 32 | 4:34 | 16.25 | 1:26:57 | 5:21 | 2 | 7:49 | 67 | |
| □□ 6 | 3.25 | 17:31 | 5:23 | 6 | 1:06 | 38 | 4:51 | 19.50 | 1:44:28 | 5:21 | 2 | 8:55 | 58 | |
| □□ 7 | 3.25 | 17:12 | 5:17 | 3 | 0:31 | 29 | 4:29 | 22.75 | 2:01:40 | 5:20 | 2 | 9:26 | 60 | 6:04 |
| □□ 8 | 3.25 | 16:46 | 5:09 | 1 | - | 19 | 3:53 | 26.00 | 2:18:26 | 5:19 | 2 | 8:58 | 53 | |
| □□ 9 | 3.25 | 16:39 | 5:07 | 1 | - | 17 | 4:03 | 29.25 | 2:35:05 | 5:18 | 2 | 7:51 | 64 | |
| □□ 10 | 3.25 | 17:04 | 5:15 | 1 | - | 17 | 4:18 | 32.50 | 2:52:09 | 5:17 | 2 | 6:56 | 67 | |
| □□ 11 | 3.25 | 17:13 | 5:17 | 1 | - | 17 | 4:12 | 35.75 | 3:09:22 | 5:17 | 1 | - | 67 | |
| □□ 12 | 3.25 | 17:45 | 5:27 | 1 | - | 13 | 4:41 | 39.00 | 3:27:07 | 5:18 | 2 | 4:00 | 54 | |
| □□□ □□ | 3.25 | 17:26 | 5:21 | 1 | - | 17 | 4:31 | 42.25 | 3:44:33 | 5:18 | 2 | 2:37 | 26 | 2:49:53 |