



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

hölzel, holger

00: vorwärts köln

00: 14

00: 42.25 km

Marathon

0000:

Männer M35

000: 3:47:58

00: 11.05 km/h

0000: 5:24 min/km

00000/0000: 28 (of 86)

00000/0: 27 (of 74)

000000: 2:43:30

00000: 3(of 6)

0000000: 3:04:02

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	15:04	4:38	3	2:37	18	3:39	3.25	15:04	4:38	3	2:37	67	
00 2	3.25	16:20	5:01	4	2:40	26	4:15	6.50	31:24	4:49	3	5:17	67	
00 3	3.25	16:42	5:08	4	2:37	29	4:28	9.75	48:06	4:56	3	7:54	59	
00 4	3.25	16:44	5:08	4	2:55	32	4:13	13.00	1:04:50	4:59	5	10:49	65	
00 5	3.25	17:15	5:18	4	3:28	34	4:38	16.25	1:22:05	5:03	2	8:07	65	
00 6	3.25	16:53	5:11	4	3:11	28	4:13	19.50	1:38:58	5:04	3	17:28	56	
00 7	3.25	17:01	5:14	4	3:15	23	4:18	22.75	1:55:59	5:05	3	20:43	59	0:23
00 8	3.25	17:00	5:13	3	2:56	21	4:07	26.00	2:12:59	5:06	2	23:39	56	
00 9	3.25	17:40	5:26	3	3:31	24	5:04	29.25	2:30:39	5:09	3	27:10	53	
00 10	3.25	18:15	5:36	3	3:50	27	5:29	32.50	2:48:54	5:11	3	31:00	65	
00 11	3.25	19:52	6:06	4	4:42	37	6:51	35.75	3:08:46	5:16	3	35:42	65	
00 12	3.25	19:45	6:04	4	4:15	34	6:41	39.00	3:28:31	5:20	2	39:57	60	
000 00	3.25	19:27	5:59	5	3:59	36	6:32	42.25	3:47:58	5:23	3	43:56	28	2:53:18