



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Klein, Hajo

00: Multisport Darmstadt

00: 26

00: 42.25 km

Marathon

0000:

Männer M40

000: 3:48:28

00: 11.03 km/h

0000: 5:25 min/km

00000/000: 30 (of 86)

00000/0: 29 (of 74)

000000: 2:43:30

00000: 7(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	17:22	5:20	12	5:57	48	5:57	3.25	17:22	5:20	8	0:50	16	
00 2	3.25	17:13	5:17	10	5:08	38	5:08	6.50	34:35	5:19	8		57	
00 3	3.25	16:19	5:01	6	4:05	24	4:05	9.75	50:54	5:13	7	15:10	57	
00 4	3.25	16:15	5:00	5	3:44	22	3:44	13.00	1:07:09	5:09	15	18:54	70	
00 5	3.25	16:44	5:08	7	4:07	27	4:07	16.25	1:23:53	5:09	6	10:45	63	
00 6	3.25	16:59	5:13	8	4:19	31	4:19	19.50	1:40:52	5:10	7	27:20	54	
00 7	3.25	17:05	5:15	7	4:22	25	4:22	22.75	1:57:57	5:11	13	31:42	64	2:21
00 8	3.25	17:35	5:24	7	4:42	28	4:42	26.00	2:15:32	5:12	5	36:24	58	
00 9	3.25	17:54	5:30	7	5:18	27	5:18	29.25	2:33:26	5:14	6	41:42	56	
00 10	3.25	18:31	5:41	7	5:45	28	5:45	32.50	2:51:57	5:17	7	47:27	56	
00 11	3.25	18:43	5:45	7	5:42	26	5:42	35.75	3:10:40	5:19	6	53:09	55	
00 12	3.25	18:36	5:43	7	5:32	25	5:32	39.00	3:29:16	5:21	7	58:41	57	
000 00	3.25	19:12	5:54	8	6:17	30	6:17	42.25	3:48:28	5:24	8	2:53:48	29	2:53:48