



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Thoben, Georg

00: Lohne

00: 69

00: 42.25 km

Marathon

0000:

Männer M50

000: 3:50:24

00: 10.94 km/h

0000: 5:27 min/km

00000/0000: 33 (of 86)

00000/0: 31 (of 74)

000000: 2:43:30

00000: 4(of 14)

0000000: 3:41:56

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	15:20	4:43	3	0:08	23	3:55	3.25	15:20	4:43	4	0:06	9	
00 2	3.25	16:15	5:00	3	0:32	24	4:10	6.50	31:35	4:51	4	0:38	63	
00 3	3.25	16:27	5:03	3	0:36	28	4:13	9.75	48:02	4:55	4	1:14	55	
00 4	3.25	16:49	5:10	4	0:44	33	4:18	13.00	1:04:51	4:59	12		66	
00 5	3.25	16:45	5:09	4	0:30	28	4:08	16.25	1:21:36	5:01	4	2:28	61	
00 6	3.25	16:55	5:12	4	0:30	29	4:15	19.50	1:38:31	5:03	4	2:58	52	
00 7	3.25	17:33	5:24	6	0:52	37	4:50	22.75	1:56:04	5:06	3	3:50	57	0:28
00 8	3.25	18:02	5:32	5	1:16	37	5:09	26.00	2:14:06	5:09	4	4:38	63	
00 9	3.25	18:11	5:35	4	1:32	31	5:35	29.25	2:32:17	5:12	4	5:03	58	
00 10	3.25	19:13	5:54	6	2:09	37	6:27	32.50	2:51:30	5:16	4	6:17	61	
00 11	3.25	19:29	5:59	5	2:16	34	6:28	35.75	3:10:59	5:20	3	1:37	61	
00 12	3.25	19:46	6:04	5	2:01	35	6:42	39.00	3:30:45	5:24	4	7:38	55	
000 00	3.25	19:39	6:02	5	2:13	37	6:44	42.25	3:50:24	5:27	4	8:28	32	2:55:44