



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Lindgaard Jensen, Iben

000: 3:51:10

00: 105

00: 10.90 km/h

0000: 5:28 min/km

00: 42.25 km

00000/000: 35 (of 86)

Marathon

00000/0: 3 (of 12)

000000: 3:24:35

0000:

00000: 1(of 1)

Frauen W30

0000000: 3:51:10

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	17:38	5:25	1	-	8	2:55	3.25	17:38	5:25	1	-	3	2:55
00 2	3.25	17:11	5:17	1	-	3	2:18	6.50	34:49	5:21	1	-	3	5:13
00 3	3.25	17:07	5:15	1	-	2	2:00	9.75	51:56	5:19	1	-	3	7:13
00 4	3.25	17:55	5:30	1	-	4	2:38	13.00	1:09:51	5:22	1	-	1	-
00 5	3.25	17:24	5:21	1	-	3	2:06	16.25	1:27:15	5:22	1	-	3	11:57
00 6	3.25	17:52	5:29	1	-	3	2:37	19.50	1:45:07	5:23	1	-	3	14:34
00 7	3.25	18:23	5:39	1	-	3	2:28	22.75	2:03:30	5:25	1	-	3	17:02
00 8	3.25	18:41	5:44	1	-	3	2:56	26.00	2:22:11	5:28	1	-	2	5:55
00 9	3.25	17:57	5:31	1	-	3	1:59	29.25	2:40:08	5:28	1	-	3	21:57
00 10	3.25	18:15	5:36	1	-	3	1:51	32.50	2:58:23	5:29	1	-	3	23:48
00 11	3.25	17:55	5:30	1	-	2	1:12	35.75	3:16:18	5:29	1	-	3	25:00
00 12	3.25	18:09	5:35	1	-	2	1:20	39.00	3:34:27	5:29	1	-	2	4:44
000 00	3.25	16:43	5:08	1	-	2	0:15	42.25	3:51:10	5:28	1	-	3	26:35