



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Böse, Hubert

00: GMRV

00: 73

00: 42.25 km

Marathon

0000:

Männer M55

000: 3:52:25

00: 10.84 km/h

0000: 5:30 min/km

00000/000: 36 (of 86)

00000/0: 33 (of 74)

000000: 2:43:30

00000: 2(of 7)

0000000: 3:23:06

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	16:14	4:59	3	2:37	35	4:49	3.25	16:14	4:59	2	2:37	61	
00 2	3.25	16:17	5:00	2	1:47	25	4:12	6.50	32:31	5:00	2	4:24	61	
00 3	3.25	17:13	5:17	2	2:34	36	4:59	9.75	49:44	5:06	2	6:58	53	
00 4	3.25	16:33	5:05	2	1:35	30	4:02	13.00	1:06:17	5:05	2	8:33	53	
00 5	3.25	16:28	5:03	2	1:08	23	3:51	16.25	1:22:45	5:05	2	9:41	59	
00 6	3.25	16:33	5:05	2	1:30	24	3:53	19.50	1:39:18	5:05	2	11:11	47	
00 7	3.25	17:17	5:19	2	2:08	32	4:34	22.75	1:56:35	5:07	2	13:19	55	0:59
00 8	3.25	17:59	5:31	2	2:22	35	5:06	26.00	2:14:34	5:10	1	-	64	
00 9	3.25	18:52	5:48	2	2:55	40	6:16	29.25	2:33:26	5:14	2	18:36	56	
00 10	3.25	18:47	5:46	2	2:20	32	6:01	32.50	2:52:13	5:17	2	20:56	59	
00 11	3.25	20:10	6:12	3	3:06	41	7:09	35.75	3:12:23	5:22	2	24:02	59	
00 12	3.25	19:48	6:05	3	1:58	37	6:44	39.00	3:32:11	5:26	1	-	34	
000 00	3.25	20:14	6:13	3	3:19	40	7:19	42.25	3:52:25	5:30	2	29:19	34	2:57:45