



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Frunzke, Thomas

00: Storkow

00: 55

00: 42.25 km

Marathon

0000:

Männer M50

000: 3:55:26

00: 10.70 km/h

0000: 5:34 min/km

00000/0000: 39 (of 86)

00000/0: 36 (of 74)

000000: 2:43:30

00000: 6(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	15:32	4:46	4	0:20	29	4:07	3.25	15:32	4:46	6	0:18	58	
00 2	3.25	16:31	5:04	4	0:48	28	4:26	6.50	32:03	4:55	6	1:06	58	
00 3	3.25	16:43	5:08	4	0:52	30	4:29	9.75	48:46	5:00	6	1:58	16	
00 4	3.25	16:26	5:03	2	0:21	25	3:55	13.00	1:05:12	5:00	13		68	
00 5	3.25	16:29	5:04	2	0:14	24	3:52	16.25	1:21:41	5:01	6	2:33	47	
00 6	3.25	16:36	5:06	3	0:11	25	3:56	19.50	1:38:17	5:02	6	2:44	15	
00 7	3.25	17:02	5:14	2	0:21	24	4:19	22.75	1:55:19	5:04	5	3:05	16	
00 8	3.25	18:08	5:34	6	1:22	38	5:15	26.00	2:13:27	5:07	6	3:59	37	
00 9	3.25	20:19	6:15	10	3:40	48	7:43	29.25	2:33:46	5:15	6	6:32	38	
00 10	3.25	21:45	6:41	12	4:41	56	8:59	32.50	2:55:31	5:24	6	10:18	63	
00 11	3.25	20:12	6:12	9	2:59	43	7:11	35.75	3:15:43	5:28	5	6:21	56	
00 12	3.25	20:17	6:14	7	2:32	39	7:13	39.00	3:36:00	5:32	6	12:53	16	
000 00	3.25	19:26	5:58	4	2:00	35	6:31	42.25	3:55:26	5:34	6	13:30	37	3:00:46