



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Pitz, Markus

□□: TV Jahn Bad Driburg

□□: 28

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 3:59:26

□□: 10.52 km/h

□□□□: 5:40 min/km

□□□□□/□□□: 42 (of 86)

□□□□□/□: 39 (of 74)

□□□□□□: 2:43:30

□□□□□: 10(of 16)

□□□□□□□: 2:43:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:26	4:44	6	4:01	26	4:01	3.25	15:26	4:44	11	-	18	
□□ 2	3.25	16:29	5:04	6	4:24	27	4:24	6.50	31:55	4:54	11	-	18	
□□ 3	3.25	17:17	5:19	10	5:03	38	5:03	9.75	49:12	5:02	10	13:28	13	
□□ 4	3.25	16:32	5:05	8	4:01	29	4:01	13.00	1:05:44	5:03	6	17:29	17	
□□ 5	3.25	17:21	5:20	10	4:44	36	4:44	16.25	1:23:05	5:06	9	9:57	18	
□□ 6	3.25	17:52	5:29	11	5:12	40	5:12	19.50	1:40:57	5:10	10	27:25	12	
□□ 7	3.25	18:02	5:32	11	5:19	39	5:19	22.75	1:58:59	5:13	14	32:44	66	3:23
□□ 8	3.25	18:28	5:40	11	5:35	40	5:35	26.00	2:17:27	5:17	8	38:19	17	
□□ 9	3.25	18:51	5:48	11	6:15	39	6:15	29.25	2:36:18	5:20	9	44:34	16	
□□ 10	3.25	19:33	6:00	11	6:47	40	6:47	32.50	2:55:51	5:24	10	51:21	16	
□□ 11	3.25	20:23	6:16	11	7:22	45	7:22	35.75	3:16:14	5:29	9	58:43	17	
□□ 12	3.25	22:24	6:53	14	9:20	54	9:20	39.00	3:38:38	5:36	10	1:08:03	13	
□□□ □□	3.25	20:48	6:24	12	7:53	45	7:53	42.25	3:59:26	5:40	11	3:04:46	40	3:04:46