



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Höfer, Mike

00: TUS Griesheim

00: 13

00: 42.25 km

Marathon

0000:

Männer M35

000: 4:01:21

00: 10.44 km/h

0000: 5:43 min/km

00000/000: 44 (of 86)

00000/0: 41 (of 74)

000000: 2:43:30

00000: 5(of 6)

0000000: 3:04:02

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	17:22	5:20	5	4:55	48	5:57	3.25	17:22	5:20	5	4:55	16	
00 2	3.25	17:25	5:21	5	3:45	43	5:20	6.50	34:47	5:21	5	8:40	16	
00 3	3.25	17:34	5:24	5	3:29	43	5:20	9.75	52:21	5:22	5	12:09	11	
00 4	3.25	18:12	5:35	5	4:23	45	5:41	13.00	1:10:33	5:25	3	16:32	15	
00 5	3.25	18:21	5:38	5	4:34	45	5:44	16.25	1:28:54	5:28	4	14:56	16	
00 6	3.25	18:17	5:37	5	4:35	41	5:37	19.50	1:47:11	5:29	5	25:41	1	-
00 7	3.25	18:59	5:50	5	5:13	46	6:16	22.75	2:06:10	5:32	6	30:54	73	10:34
00 8	3.25	19:33	6:00	5	5:29	46	6:40	26.00	2:25:43	5:36	4	36:23	15	
00 9	3.25	18:49	5:47	5	4:40	38	6:13	29.25	2:44:32	5:37	5	41:03	14	1:24
00 10	3.25	19:45	6:04	5	5:20	43	6:59	32.50	3:04:17	5:40	6	46:23	72	7:09
00 11	3.25	19:26	5:58	3	4:16	33	6:25	35.75	3:23:43	5:41	5	50:39	15	
00 12	3.25	19:25	5:58	3	3:55	31	6:21	39.00	3:43:08	5:43	4	54:34	11	
000 00	3.25	18:13	5:36	3	2:45	23	5:18	42.25	4:01:21	5:42	5	57:19	42	3:06:41