



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Steinbrecher, Diethard

00: 100 Marathon Club Deutschland

00: 79

00: 42.25 km

Marathon

0000:

Männer M55

000: 4:04:11

00: 10.32 km/h

0000: 5:47 min/km

00000/000: 45 (of 86)

00000/0: 42 (of 74)

000000: 2:43:30

00000: 3(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	17:34	5:24	4	3:57	51	6:09	3.25	17:34	5:24	3	3:57	15	
00 2	3.25	18:27	5:40	4	3:57	50	6:22	6.50	36:01	5:32	3	7:54	15	
00 3	3.25	18:25	5:40	4	3:46	48	6:11	9.75	54:26	5:34	3	11:40	1	-
00 4	3.25	19:00	5:50	4	4:02	52	6:29	13.00	1:13:26	5:38	3	15:42	14	
00 5	3.25	18:28	5:40	4	3:08	48	5:51	16.25	1:31:54	5:39	3	18:50	15	
00 6	3.25	18:44	5:45	4	3:41	44	6:04	19.50	1:50:38	5:40	3	22:31	9	3:27
00 7	3.25	18:49	5:47	4	3:40	45	6:06	22.75	2:09:27	5:41	3	26:11	13	13:51
00 8	3.25	18:43	5:45	3	3:06	41	5:50	26.00	2:28:10	5:41	2	13:36	14	
00 9	3.25	19:36	6:01	3	3:39	42	7:00	29.25	2:47:46	5:44	3	32:56	13	4:38
00 10	3.25	18:53	5:48	3	2:26	33	6:07	32.50	3:06:39	5:44	3	35:22	14	9:31
00 11	3.25	19:16	5:55	2	2:12	30	6:15	35.75	3:25:55	5:45	3	37:34	14	
00 12	3.25	19:20	5:56	2	1:30	29	6:16	39.00	3:45:15	5:46	2	13:04	1	-
000 00	3.25	18:56	5:49	2	2:01	29	6:01	42.25	4:04:11	5:46	3	41:05	43	3:09:31