



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Jensen, Ib

00: Kolding Motion

00: 60

00: 42.25 km

Marathon

0000:

Männer M50

000: 4:06:15

00: 10.23 km/h

0000: 5:50 min/km

00000/000: 46 (of 86)

00000/0: 43 (of 74)

000000: 2:43:30

00000: 8(of 14)

0000000: 3:41:56

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	18:36	5:43	12	3:24	60	7:11	3.25	18:36	5:43	8	3:22	14	0:21
00 2	3.25	19:07	5:52	12	3:24	58	7:02	6.50	37:43	5:48	8	6:46	14	
00 3	3.25	19:22	5:57	13	3:31	55	7:08	9.75	57:05	5:51	8	10:17	9	2:39
00 4	3.25	18:56	5:49	11	2:51	51	6:25	13.00	1:16:01	5:50	4	6:15	13	
00 5	3.25	18:46	5:46	10	2:31	49	6:09	16.25	1:34:47	5:49	8	15:39	14	
00 6	3.25	18:58	5:50	10	2:33	47	6:18	19.50	1:53:45	5:49	8	18:12	8	6:34
00 7	3.25	18:45	5:46	9	2:04	44	6:02	22.75	2:12:30	5:49	7	20:16	12	16:54
00 8	3.25	18:46	5:46	8	2:00	43	5:53	26.00	2:31:16	5:49	8	21:48	13	
00 9	3.25	18:29	5:41	5	1:50	34	5:53	29.25	2:49:45	5:48	8	22:31	12	6:37
00 10	3.25	18:43	5:45	4	1:39	30	5:57	32.50	3:08:28	5:47	8	23:15	13	11:20
00 11	3.25	18:45	5:46	4	1:32	28	5:44	35.75	3:27:13	5:47	7	17:51	13	
00 12	3.25	18:29	5:41	3	0:44	24	5:25	39.00	3:45:42	5:47	8	22:35	9	0:27
000 00	3.25	20:33	6:19	7	3:07	43	7:38	42.25	4:06:15	5:49	8	24:19	44	3:11:35