



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Nagel, Heinz

00: Hannover

00: 62

00: 42.25 km

Marathon

0000:

Männer M50

000: 4:10:00

00: 10.08 km/h

0000: 5:55 min/km

00000/000: 47 (of 86)

00000/0: 44 (of 74)

000000: 2:43:30

00000: 9(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	17:23	5:20	10	2:11	50	5:58	3.25	17:23	5:20	9	2:09	13	
00 2	3.25	17:34	5:24	8	1:51	46	5:29	6.50	34:57	5:22	9	4:00	13	
00 3	3.25	17:46	5:28	8	1:55	45	5:32	9.75	52:43	5:24	9	5:55	8	
00 4	3.25	17:51	5:29	8	1:46	43	5:20	13.00	1:10:34	5:25	5	0:48	12	
00 5	3.25	18:26	5:40	9	2:11	46	5:49	16.25	1:29:00	5:28	9	9:52	13	
00 6	3.25	18:39	5:44	8	2:14	43	5:59	19.50	1:47:39	5:31	9	12:06	7	0:28
00 7	3.25	18:27	5:40	8	1:46	43	5:44	22.75	2:06:06	5:32	14	13:52	72	10:30
00 8	3.25	19:08	5:53	9	2:22	44	6:15	26.00	2:25:14	5:35	9	15:46	12	
00 9	3.25	19:21	5:57	7	2:42	41	6:45	29.25	2:44:35	5:37	9	17:21	11	1:27
00 10	3.25	20:39	6:21	9	3:35	49	7:53	32.50	3:05:14	5:41	14	20:01	73	8:06
00 11	3.25	20:57	6:26	10	3:44	47	7:56	35.75	3:26:11	5:46	8	16:49	12	
00 12	3.25	21:34	6:38	10	3:49	46	8:30	39.00	3:47:45	5:50	9	24:38	8	2:30
000 00	3.25	22:15	6:50	12	4:49	53	9:20	42.25	4:10:00	5:55	9	28:04	45	3:15:20