



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Ernst, Detlef

00: Tuchem

00: 38

00: 42.25 km

Marathon

0000:

Männer M45

000: 4:16:11

00: 9.84 km/h

0000: 6:04 min/km

00000/000: 54 (of 86)

00000/0: 49 (of 74)

000000: 2:43:30

00000: 11(of 20)

0000000: 3:14:03

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	15:20	4:43	7	1:49	23	3:55	3.25	15:20	4:43	1	-	9	
00 2	3.25	17:26	5:21	11	3:30	44	5:21	6.50	32:46	5:02	1	-	9	
00 3	3.25	18:09	5:35	11	4:09	47	5:55	9.75	50:55	5:13	1	-	4	
00 4	3.25	18:19	5:38	11	4:00	47	5:48	13.00	1:09:14	5:19	20	13:28	73	
00 5	3.25	18:26	5:40	11	4:05	46	5:49	16.25	1:27:40	5:23	1	-	9	
00 6	3.25	18:56	5:49	10	4:39	46	6:16	19.50	1:46:36	5:28	8	15:55	3	
00 7	3.25	19:27	5:59	11	4:45	49	6:44	22.75	2:06:03	5:32	20	19:49	71	10:27
00 8	3.25	19:43	6:03	10	4:51	49	6:50	26.00	2:25:46	5:36	1	-	8	
00 9	3.25	20:50	6:24	12	5:47	54	8:14	29.25	2:46:36	5:41	1	-	7	3:28
00 10	3.25	21:09	6:30	11	5:31	52	8:23	32.50	3:07:45	5:46	1	-	9	10:37
00 11	3.25	22:40	6:58	13	6:39	59	9:39	35.75	3:30:25	5:53	1	-	8	
00 12	3.25	23:16	7:09	12	6:46	56	10:12	39.00	3:53:41	5:59	1	-	4	8:26
000 00	3.25	22:30	6:55	12	7:30	56	9:35	42.25	4:16:11	6:03	11	1:02:08	50	3:21:31