



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Christ, Heike

00: LT Sulz am Eck

00: 87

00: 42.25 km

Marathon

0000:

Frauen W40

000: 4:17:16

00: 9.80 km/h

0000: 6:05 min/km

00000/0000: 55 (of 86)

00000/0: 6 (of 12)

000000: 3:24:35

00000: 3(of 5)

0000000: 3:24:35

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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	19:11	5:54	5	4:28	11	4:28	3.25	19:11	5:54	3	4:28	6	4:28
00 2	3.25	20:12	6:12	5	5:19	11	5:19	6.50	39:23	6:03	3	9:47	6	9:47
00 3	3.25	20:07	6:11	4	5:00	10	5:00	9.75	59:30	6:06	3	14:47	6	14:47
00 4	3.25	19:56	6:08	4	4:39	10	4:39	13.00	1:19:26	6:06	2	9:49	4	9:35
00 5	3.25	20:07	6:11	4	4:49	10	4:49	16.25	1:39:33	6:07	3	24:15	6	24:15
00 6	3.25	20:00	6:09	4	4:45	8	4:45	19.50	1:59:33	6:07	3	29:00	6	29:00
00 7	3.25	20:19	6:15	3	4:24	8	4:24	22.75	2:19:52	6:08	3	33:24	6	33:24
00 8	3.25	20:06	6:11	3	4:21	6	4:21	26.00	2:39:58	6:09	2	13:31	5	23:42
00 9	3.25	19:44	6:04	2	3:46	4	3:46	29.25	2:59:42	6:08	3	41:31	6	41:31
00 10	3.25	19:45	6:04	2	3:21	4	3:21	32.50	3:19:27	6:08	2	44:52	5	44:52
00 11	3.25	19:45	6:04	2	3:02	4	3:02	35.75	3:39:12	6:07	3	47:54	6	47:54
00 12	3.25	19:35	6:01	2	2:46	4	2:46	39.00	3:58:47	6:07	5	8:43	10	29:04
000 00	3.25	18:29	5:41	2	2:01	3	2:01	42.25	4:17:16	6:05	3	52:41	6	52:41