



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Gerlach, Jörg

□□: 100 Marathon Club

□□: 57

□□: 42.25 km

Marathon

□□□□:

Männer M50

□□□: 4:20:25

□□: 9.68 km/h

□□□□: 6:10 min/km

□□□□□/□□□: 58 (of 86)

□□□□□/□: 52 (of 74)

□□□□□□: 2:43:30

□□□□□: 11(of 14)

□□□□□□□: 3:41:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:25	5:58	14	4:13	67	8:00	3.25	19:25	5:58	11	4:11	5	1:10	
□□ 2	3.25	19:59	6:08	14	4:16	67	7:54	6.50	39:24	6:03	11	8:27	5	1:40	
□□ 3	3.25	19:06	5:52	11	3:15	52	6:52	9.75	58:30	6:00	11	11:42	34	4:04	
□□ 4	3.25	19:30	6:00	12	3:25	53	6:59	13.00	1:18:00	6:00	7	8:14	2	0:39	
□□ 5	3.25	19:25	5:58	13	3:10	55	6:48	16.25	1:37:25	5:59	11	18:17	5		
□□ 6	3.25	19:27	5:59	12	3:02	54	6:47	19.50	1:56:52	5:59	11	21:19	20	9:41	
□□ 7	3.25	19:58	6:08	11	3:17	54	7:15	22.75	2:16:50	6:00	9	24:36	7	21:14	
□□ 8	3.25	19:41	6:03	10	2:55	47	6:48	26.00	2:36:31	6:01	11	27:03	4		
□□ 9	3.25	19:56	6:08	9	3:17	46	7:20	29.25	2:56:27	6:01	11	29:13	3	13:19	
□□ 10	3.25	20:11	6:12	8	3:07	45	7:25	32.50	3:16:38	6:03	10	31:25	5	19:30	
□□ 11	3.25	21:03	6:28	11	3:50	49	8:02	35.75	3:37:41	6:05	10	28:19	4	0:38	
□□ 12	3.25	21:26	6:35	9	3:41	45	8:22	39.00	3:59:07	6:07	13	36:00	68	13:52	
□□□ □□	3.25	21:18	6:33	9	3:52	48	8:23	42.25	4:20:25	6:09	11	38:29	53	3:25:45	