



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

□□□□

Martin, Alexandra

□□: Zeitjäger

□□: 85

□□: 42.25 km

Marathon

□□□□:

Frauen W35

□□□: 4:20:50

□□: 9.66 km/h

□□□□: 6:10 min/km

□□□□□/□□□□: 59 (of 86)

□□□□□□/□: 7 (of 12)

□□□□□□: 3:24:35

□□□□□: 1(of 2)

□□□□□□□: 4:20:50

□□□□

□□□□

□□□

□□□	□□	□□	□□	□□	□□	□□	□□	□□□	□□□	□□□	□□	□□	□□	□□
	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	16:51	5:11	1	-	4	2:08	3.25	16:51	5:11	1	-	7	2:08
□□ 2	3.25	17:55	5:30	1	-	5	3:02	6.50	34:46	5:20	1	-	7	5:10
□□ 3	3.25	18:40	5:44	1	-	6	3:33	9.75	53:26	5:28	1	-	7	8:43
□□ 4	3.25	18:50	5:47	1	-	7	3:33	13.00	1:12:16	5:33	1	-	5	2:25
□□ 5	3.25	20:01	6:09	2	0:41	9	4:43	16.25	1:32:17	5:40	1	-	7	16:59
□□ 6	3.25	19:46	6:04	1	-	6	4:31	19.50	1:52:03	5:44	1	-	7	21:30
□□ 7	3.25	19:53	6:07	2	0:20	7	3:58	22.75	2:11:56	5:47	1	-	7	25:28
□□ 8	3.25	20:27	6:17	2	0:20	8	4:42	26.00	2:32:23	5:51	1	-	6	16:07
□□ 9	3.25	21:13	6:31	1	-	7	5:15	29.25	2:53:36	5:56	1	-	7	35:25
□□ 10	3.25	23:54	7:21	2	1:03	11	7:30	32.50	3:17:30	6:04	1	-	6	42:55
□□ 11	3.25	21:48	6:42	1	-	7	5:05	35.75	3:39:18	6:08	1	-	7	48:00
□□ 12	3.25	21:14	6:31	1	-	6	4:25	39.00	4:00:32	6:10	1	-	5	30:49
□□□ □□	3.25	20:18	6:14	1	-	5	3:50	42.25	4:20:50	6:10	1	-	7	56:15