



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Scholz, Carsten

□□: Schauenburg

□□: 49

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 4:21:30

□□: 9.64 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 60 (of 86)

□□□□□/□: 53 (of 74)

□□□□□□: 2:43:30

□□□□□: 13(of 16)

□□□□□□□: 2:43:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:20	6:15	16	8:55	71	8:55	3.25	20:20	6:15	14	3:48	4	2:05
□□ 2	3.25	19:55	6:07	15	7:50	64	7:50	6.50	40:15	6:11	14	5:36	4	2:31
□□ 3	3.25	19:57	6:08	14	7:43	63	7:43	9.75	1:00:12	6:10	15	24:28	71	5:46
□□ 4	3.25	19:31	6:00	13	7:00	55	7:00	13.00	1:19:43	6:07	9	31:28	5	2:22
□□ 5	3.25	19:20	5:56	13	6:43	53	6:43	16.25	1:39:03	6:05	12	25:55	4	1:30
□□ 6	3.25	19:03	5:51	12	6:23	48	6:23	19.50	1:58:06	6:03	14	44:34	66	10:55
□□ 7	3.25	19:30	6:00	12	6:47	50	6:47	22.75	2:17:36	6:02	10	51:21	6	22:00
□□ 8	3.25	18:44	5:45	12	5:51	42	5:51	26.00	2:36:20	6:00	11	57:12	3	
□□ 9	3.25	21:16	6:32	13	8:40	56	8:40	29.25	2:57:36	6:04	12	1:05:52	2	14:28
□□ 10	3.25	19:39	6:02	12	6:53	42	6:53	32.50	3:17:15	6:04	13	1:12:45	4	20:07
□□ 11	3.25	21:00	6:27	13	7:59	48	7:59	35.75	3:38:15	6:06	12	1:20:44	3	1:12
□□ 12	3.25	21:42	6:40	12	8:38	47	8:38	39.00	3:59:57	6:09	15	1:29:22	69	14:42
□□□ □□	3.25	21:33	6:37	13	8:38	50	8:38	42.25	4:21:30	6:11	14	3:26:50	54	3:26:50