



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Berger, Georg

00: Gerscheder SV Essen

00: 71

00: 42.25 km

Marathon

0000:

Männer M55

000: 4:22:41

00: 9.59 km/h

0000: 6:13 min/km

00000/0000: 61 (of 86)

00000/0: 54 (of 74)

000000: 2:43:30

00000: 5(of 7)

0000000: 3:23:06

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	18:42	5:45	7	5:05	62	7:17	3.25	18:42	5:45	5	5:05	3	0:27
00 2	3.25	19:03	5:51	5	4:33	56	6:58	6.50	37:45	5:48	5	9:38	3	0:01
00 3	3.25	19:23	5:57	5	4:44	56	7:09	9.75	57:08	5:51	5	14:22	22	2:42
00 4	3.25	20:05	6:10	5	5:07	61	7:34	13.00	1:17:13	5:56	5	19:29	4	
00 5	3.25	19:34	6:01	5	4:14	56	6:57	16.25	1:36:47	5:57	5	23:43	3	
00 6	3.25	19:14	5:55	5	4:11	51	6:34	19.50	1:56:01	5:56	5	27:54	21	8:50
00 7	3.25	19:22	5:57	6	4:13	48	6:39	22.75	2:15:23	5:57	4	32:07	5	19:47
00 8	3.25	19:28	5:59	4	3:51	45	6:35	26.00	2:34:51	5:57	4	20:17	2	
00 9	3.25	20:43	6:22	5	4:46	52	8:07	29.25	2:55:34	6:00	5	40:44	10	12:26
00 10	3.25	20:58	6:27	6	4:31	51	8:12	32.50	3:16:32	6:02	5	45:15	3	19:24
00 11	3.25	21:18	6:33	5	4:14	51	8:17	35.75	3:37:50	6:05	5	49:29	2	0:47
00 12	3.25	21:53	6:44	5	4:03	49	8:49	39.00	3:59:43	6:08	4	27:32	10	14:28
000 00	3.25	22:58	7:03	6	6:03	58	10:03	42.25	4:22:41	6:13	5	59:35	55	3:28:01