



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

□□□□

juch, oliver

□□: TV Rheinzabern

□□: 25

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 4:23:33

□□: 9.56 km/h

□□□□: 6:14 min/km

□□□□□/□□□: 62 (of 86)

□□□□□/□: 55 (of 74)

□□□□□□: 2:43:30

□□□□□: 14(of 16)

□□□□□□□: 2:43:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:30	6:00	15	8:05	68	8:05	3.25	19:30	6:00	15	2:58	2	1:15	
□□ 2	3.25	18:39	5:44	13	6:34	53	6:34	6.50	38:09	5:52	15	3:30	2	0:25	
□□ 3	3.25	18:42	5:45	12	6:28	50	6:28	9.75	56:51	5:49	13	21:07	32	2:25	
□□ 4	3.25	18:54	5:48	12	6:23	50	6:23	13.00	1:15:45	5:49	10	27:30	3		
□□ 5	3.25	18:52	5:48	12	6:15	50	6:15	16.25	1:34:37	5:49	13	21:29	2		
□□ 6	3.25	19:27	5:59	13	6:47	54	6:47	19.50	1:54:04	5:50	13	40:32	22	6:53	
□□ 7	3.25	20:05	6:10	14	7:22	56	7:22	22.75	2:14:09	5:53	11	47:54	4	18:33	
□□ 8	3.25	20:35	6:19	14	7:42	58	7:42	26.00	2:34:44	5:57	12	55:36	10		
□□ 9	3.25	21:17	6:32	14	8:41	57	8:41	29.25	2:56:01	6:01	13	1:04:17	35	12:53	
□□ 10	3.25	21:41	6:40	14	8:55	55	8:55	32.50	3:17:42	6:04	14	1:13:12	2	20:34	
□□ 11	3.25	21:45	6:41	14	8:44	53	8:44	35.75	3:39:27	6:08	13	1:21:56	10	2:24	
□□ 12	3.25	22:08	6:48	13	9:04	51	9:04	39.00	4:01:35	6:11	13	1:31:00	19	16:20	
□□□ □□	3.25	21:58	6:45	14	9:03	51	9:03	42.25	4:23:33	6:14	15	3:28:53	56	3:28:53	