



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Janiszewski, Günter

□□: TV Fürstenwalde

□□: 59

□□: 42.25 km

Marathon

□□□□:

Männer M50

□□□: 4:27:40

□□: 9.41 km/h

□□□□: 6:20 min/km

□□□□□/□□□□: 66 (of 86)

□□□□□/□: 58 (of 74)

□□□□□□: 2:43:30

□□□□□: 12(of 14)

□□□□□□□: 3:41:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:43	5:08	6	1:31	41	5:18	3.25	16:43	5:08	12	1:29	36	
□□ 2	3.25	17:34	5:24	8	1:51	46	5:29	6.50	34:17	5:16	3	3:20	36	
□□ 3	3.25	18:01	5:32	9	2:10	46	5:47	9.75	52:18	5:21	12	5:30	30	
□□ 4	3.25	18:12	5:35	9	2:07	45	5:41	13.00	1:10:30	5:25	8	0:44	35	
□□ 5	3.25	18:17	5:37	8	2:02	43	5:40	16.25	1:28:47	5:27	12	9:39	36	
□□ 6	3.25	18:53	5:48	9	2:28	45	6:13	19.50	1:47:40	5:31	12	12:07	24	0:29
□□ 7	3.25	19:58	6:08	11	3:17	54	7:15	22.75	2:07:38	5:36	10	15:24	10	12:02
□□ 8	3.25	19:59	6:08	11	3:13	53	7:06	26.00	2:27:37	5:40	12	18:09	34	
□□ 9	3.25	22:17	6:51	13	5:38	62	9:41	29.25	2:49:54	5:48	12	22:40	33	6:46
□□ 10	3.25	22:31	6:55	13	5:27	62	9:45	32.50	3:12:25	5:55	11	27:12	35	15:17
□□ 11	3.25	26:09	8:02	14	8:56	68	13:08	35.75	3:38:34	6:06	11	29:12	34	1:31
□□ 12	3.25	24:37	7:34	14	6:52	62	11:33	39.00	4:03:11	6:14	14	40:04	71	17:56
□□□ □□	3.25	24:29	7:31	14	7:03	64	11:34	42.25	4:27:40	6:20	12	45:44	59	3:33:00