



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Zindel, Volker

00: Bad Hersfeld

00: 70

00: 42.25 km

Marathon

0000:

Männer M50

000: 4:34:14

00: 9.19 km/h

0000: 6:29 min/km

00000/000: 69 (of 86)

00000/0: 60 (of 74)

000000: 2:43:30

00000: 14(of 14)

0000000: 3:41:56

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	17:50	5:29	11	2:38	52	6:25	3.25	17:50	5:29	14	2:36	34	
00 2	3.25	18:34	5:42	10	2:51	51	6:29	6.50	36:24	5:35	14	5:27	34	
00 3	3.25	19:10	5:53	12	3:19	54	6:56	9.75	55:34	5:41	13	8:46	29	1:08
00 4	3.25	19:30	6:00	12	3:25	53	6:59	13.00	1:15:04	5:46	10	5:18	33	
00 5	3.25	19:24	5:58	12	3:09	54	6:47	16.25	1:34:28	5:48	14	15:20	34	
00 6	3.25	20:33	6:19	13	4:08	60	7:53	19.50	1:55:01	5:53	14	19:28	26	7:50
00 7	3.25	20:26	6:17	13	3:45	59	7:43	22.75	2:15:27	5:57	12	23:13	20	19:51
00 8	3.25	20:44	6:22	14	3:58	60	7:51	26.00	2:36:11	6:00	14	26:43	32	
00 9	3.25	23:10	7:07	14	6:31	65	10:34	29.25	2:59:21	6:07	14	32:07	31	16:13
00 10	3.25	23:57	7:22	14	6:53	66	11:11	32.50	3:23:18	6:15	13	38:05	33	26:10
00 11	3.25	24:04	7:24	13	6:51	62	11:03	35.75	3:47:22	6:21	13	38:00	32	10:19
00 12	3.25	23:49	7:19	12	6:04	58	10:45	39.00	4:11:11	6:26	12	48:04	21	25:56
000 00	3.25	23:03	7:05	13	5:37	59	10:08	42.25	4:34:14	6:29	14	52:18	61	3:39:34