



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Matthes, Jan

00: Laufftreff Breitungen

00: 43

00: 42.25 km

Marathon

0000:

Männer M45

000: 4:35:31

00: 9.15 km/h

0000: 6:31 min/km

00000/000: 70 (of 86)

00000/0: 61 (of 74)

000000: 2:43:30

00000: 14(of 20)

0000000: 3:14:03

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	16:36	5:06	10	3:05	38	5:11	3.25	16:36	5:06	8	1:16	33	
00 2	3.25	18:04	5:33	12	4:08	48	5:59	6.50	34:40	5:19	8	1:54	33	
00 3	3.25	19:07	5:52	13	5:07	53	6:53	9.75	53:47	5:30	7	2:52	28	
00 4	3.25	19:38	6:02	13	5:19	56	7:07	13.00	1:13:25	5:38	6	17:39	32	
00 5	3.25	19:50	6:06	13	5:29	57	7:13	16.25	1:33:15	5:44	8	5:35	33	
00 6	3.25	20:24	6:16	14	6:07	58	7:44	19.50	1:53:39	5:49	5	22:58	27	6:28
00 7	3.25	20:53	6:25	15	6:11	63	8:10	22.75	2:14:32	5:54	8	28:18	21	18:56
00 8	3.25	21:00	6:27	14	6:08	62	8:07	26.00	2:35:32	5:58	8	9:46	31	
00 9	3.25	21:44	6:41	15	6:41	60	9:08	29.25	2:57:16	6:03	7	10:40	30	14:08
00 10	3.25	23:54	7:21	17	8:16	64	11:08	32.50	3:21:10	6:11	8	13:25	32	24:02
00 11	3.25	24:47	7:37	17	8:46	65	11:46	35.75	3:45:57	6:19	7	15:32	31	8:54
00 12	3.25	25:57	7:59	18	9:27	68	12:53	39.00	4:11:54	6:27	8	18:13	22	26:39
000 00	3.25	23:37	7:15	13	8:37	60	10:42	42.25	4:35:31	6:31	14	1:21:28	62	3:40:51