



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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bähre, oliver

□□: LG Socken Wellen

□□: 9

□□: 42.25 km

Marathon

□□□□:

Männer M35

□□□: 4:36:37

□□: 9.11 km/h

□□□□: 6:33 min/km

□□□□□/□□□□: 71 (of 86)

□□□□□/□: 62 (of 74)

□□□□□□: 2:43:30

□□□□□: 6(of 6)

□□□□□□□: 3:04:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:10	6:12	6	7:43	69	8:45	3.25	20:10	6:12	6	7:43	26	1:55	
□□ 2	3.25	20:14	6:13	6	6:34	71	8:09	6.50	40:24	6:12	6	14:17	26	2:40	
□□ 3	3.25	20:23	6:16	6	6:18	65	8:09	9.75	1:00:47	6:14	6	20:35	72	6:21	
□□ 4	3.25	20:02	6:09	6	6:13	59	7:31	13.00	1:20:49	6:13	4	26:48	25	3:28	
□□ 5	3.25	20:16	6:14	6	6:29	64	7:39	16.25	1:41:05	6:13	5	27:07	26	3:32	
□□ 6	3.25	20:44	6:22	6	7:02	62	8:04	19.50	2:01:49	6:14	6	40:19	68	14:38	
□□ 7	3.25	20:35	6:19	6	6:49	61	7:52	22.75	2:22:24	6:15	5	47:08	22	26:48	
□□ 8	3.25	20:40	6:21	6	6:36	59	7:47	26.00	2:43:04	6:16	5	53:44	30	5:38	
□□ 9	3.25	22:00	6:46	6	7:51	61	9:24	29.25	3:05:04	6:19	6	1:01:35	72	21:56	
□□ 10	3.25	21:53	6:44	6	7:28	57	9:07	32.50	3:26:57	6:22	5	1:09:03	31	29:49	
□□ 11	3.25	22:27	6:54	6	7:17	57	9:26	35.75	3:49:24	6:25	6	1:16:20	30	12:21	
□□ 12	3.25	23:03	7:05	6	7:33	55	9:59	39.00	4:12:27	6:28	5	1:23:53	23	27:12	
□□□ □□	3.25	24:10	7:26	6	8:42	62	11:15	42.25	4:36:37	6:32	6	1:32:35	63	3:41:57	