



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Bartsch, Frank

00: Der Steiger kommt, Glück Auf

00: 34

00: 42.25 km

Marathon

0000:

Männer M45

000: 4:39:14

00: 9.02 km/h

0000: 6:37 min/km

00000/000: 72 (of 86)

00000/0: 63 (of 74)

000000: 2:43:30

00000: 15(of 20)

0000000: 3:14:03

0000

0000

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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	20:27	6:17	20	6:56	72	9:02	3.25	20:27	6:17	7	5:07	31	2:12
00 2	3.25	19:24	5:58	15	5:28	60	7:19	6.50	39:51	6:07	7	7:05	31	2:07
00 3	3.25	20:29	6:18	17	6:29	67	8:15	9.75	1:00:20	6:11	6	9:25	18	5:54
00 4	3.25	20:32	6:19	17	6:13	65	8:01	13.00	1:20:52	6:13	5	25:06	30	3:31
00 5	3.25	20:22	6:15	17	6:01	66	7:45	16.25	1:41:14	6:13	7	13:34	31	3:41
00 6	3.25	20:50	6:24	16	6:33	64	8:10	19.50	2:02:04	6:15	18	31:23	70	14:53
00 7	3.25	20:26	6:17	14	5:44	59	7:43	22.75	2:22:30	6:15	7	36:16	23	26:54
00 8	3.25	20:48	6:24	13	5:56	61	7:55	26.00	2:43:18	6:16	7	17:32	29	5:52
00 9	3.25	21:06	6:29	13	6:03	55	8:30	29.25	3:04:24	6:18	6	17:48	29	21:16
00 10	3.25	22:03	6:47	14	6:25	59	9:17	32.50	3:26:27	6:21	7	18:42	30	29:19
00 11	3.25	22:27	6:54	12	6:26	57	9:26	35.75	3:48:54	6:24	6	18:29	29	11:51
00 12	3.25	24:30	7:32	14	8:00	60	11:26	39.00	4:13:24	6:29	7	19:43	24	28:09
000 00	3.25	25:50	7:56	19	10:50	70	12:55	42.25	4:39:14	6:36	15	1:25:11	64	3:44:34