



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Kaltwasser, Cornelia

□□: Rennsteiglauf Weilheim

□□: 90

□□: 42.25 km

Marathon

□□□□:

Frauen W40

□□□: 4:42:22

□□: 8.92 km/h

□□□□: 6:41 min/km

□□□□□/□□□□: 73 (of 86)

□□□□□/□: 10 (of 12)

□□□□□□: 3:24:35

□□□□□: 4(of 5)

□□□□□□□: 3:24:35

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:29	5:41	4	3:46	10	3:46	3.25	18:29	5:41	4	3:46	10	3:46	
□□ 2	3.25	19:46	6:04	4	4:53	10	4:53	6.50	38:15	5:53	4	8:39	10	8:39	
□□ 3	3.25	20:41	6:21	5	5:34	11	5:34	9.75	58:56	6:02	5	14:13	12	14:13	
□□ 4	3.25	20:44	6:22	5	5:27	11	5:27	13.00	1:19:40	6:07	3	10:03	8	9:49	
□□ 5	3.25	21:09	6:30	5	5:51	11	5:51	16.25	1:40:49	6:12	4	25:31	10	25:31	
□□ 6	3.25	21:27	6:35	5	6:12	11	6:12	19.50	2:02:16	6:16	5	31:43	12	31:43	
□□ 7	3.25	21:55	6:44	4	6:00	10	6:00	22.75	2:24:11	6:20	4	37:43	10	37:43	
□□ 8	3.25	21:45	6:41	4	6:00	10	6:00	26.00	2:45:56	6:22	3	19:29	9	29:40	
□□ 9	3.25	22:57	7:03	4	6:59	10	6:59	29.25	3:08:53	6:27	5	50:42	12	50:42	
□□ 10	3.25	22:15	6:50	4	5:51	8	5:51	32.50	3:31:08	6:29	3	56:33	9	56:33	
□□ 11	3.25	23:09	7:07	4	6:26	9	6:26	35.75	3:54:17	6:33	4	1:02:59	10	1:02:59	
□□ 12	3.25	23:39	7:16	4	6:50	10	6:50	39.00	4:17:56	6:36	2	27:52	6	48:13	
□□□ □□	3.25	24:26	7:31	4	7:58	10	7:58	42.25	4:42:22	6:40	4	1:17:47	10	1:17:47	