



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Kaltwasser, Jörg

□□: Rennsteiglauf Weilheim

□□: 42

□□: 42.25 km

Marathon

□□□□:

Männer M45

□□□: 4:42:22

□□: 8.92 km/h

□□□□: 6:41 min/km

□□□□□/□□□□: 74 (of 86)

□□□□□/□: 64 (of 74)

□□□□□□: 2:43:30

□□□□□: 16(of 20)

□□□□□□□: 3:14:03

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:34	5:42	16	5:03	59	7:09	3.25	18:34	5:42	6	3:14	30	0:19	
□□ 2	3.25	19:56	6:08	18	6:00	66	7:51	6.50	38:30	5:55	6	5:44	30	0:46	
□□ 3	3.25	20:43	6:22	18	6:43	68	8:29	9.75	59:13	6:04	20	8:18	70	4:47	
□□ 4	3.25	20:54	6:25	18	6:35	67	8:23	13.00	1:20:07	6:09	4	24:21	29	2:46	
□□ 5	3.25	20:50	6:24	18	6:29	68	8:13	16.25	1:40:57	6:12	6	13:17	30	3:24	
□□ 6	3.25	21:19	6:33	18	7:02	67	8:39	19.50	2:02:16	6:16	19	31:35	71	15:05	
□□ 7	3.25	22:00	6:46	17	7:18	67	9:17	22.75	2:24:16	6:20	6	38:02	24	28:40	
□□ 8	3.25	21:40	6:40	15	6:48	63	8:47	26.00	2:45:56	6:22	6	20:10	19	8:30	
□□ 9	3.25	22:57	7:03	17	7:54	64	10:21	29.25	3:08:53	6:27	20	22:17	73	25:45	
□□ 10	3.25	22:15	6:50	15	6:37	61	9:29	32.50	3:31:08	6:29	6	23:23	29	34:00	
□□ 11	3.25	23:09	7:07	14	7:08	60	10:08	35.75	3:54:17	6:33	5	23:52	19	17:14	
□□ 12	3.25	23:39	7:16	13	7:09	57	10:35	39.00	4:17:56	6:36	6	24:15	25	32:41	
□□□ □□	3.25	24:26	7:31	15	9:26	63	11:31	42.25	4:42:22	6:40	16	1:28:19	65	3:47:42	