



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Jäger, Nicole

00: 100 Marathon Club Deutschland

00: 89

00: 42.25 km

Marathon

0000:

Frauen W40

000: 4:44:08

00: 8.87 km/h

0000: 6:44 min/km

00000/0000: 75 (of 86)

00000/0: 11 (of 12)

000000: 3:24:35

00000: 5(of 5)

0000000: 3:24:35

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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	18:08	5:34	3	3:25	9	3:25	3.25	18:08	5:34	5	3:25	11	3:25
00 2	3.25	18:30	5:41	3	3:37	8	3:37	6.50	36:38	5:38	5	7:02	11	7:02
00 3	3.25	19:14	5:55	3	4:07	8	4:07	9.75	55:52	5:43	4	11:09	10	11:09
00 4	3.25	17:52	5:29	2	2:35	3	2:35	13.00	1:13:44	5:40	4	4:07	9	3:53
00 5	3.25	18:20	5:38	2	3:02	4	3:02	16.25	1:32:04	5:39	5	16:46	11	16:46
00 6	3.25	19:51	6:06	3	4:36	7	4:36	19.50	1:51:55	5:44	4	21:22	10	21:22
00 7	3.25	22:10	6:49	5	6:15	11	6:15	22.75	2:14:05	5:53	5	27:37	11	27:37
00 8	3.25	25:00	7:41	5	9:15	12	9:15	26.00	2:39:05	6:07	4	12:38	10	22:49
00 9	3.25	26:15	8:04	5	10:17	12	10:17	29.25	3:05:20	6:20	4	47:09	10	47:09
00 10	3.25	23:48	7:19	5	7:24	10	7:24	32.50	3:29:08	6:26	4	54:33	10	54:33
00 11	3.25	24:06	7:24	5	7:23	11	7:23	35.75	3:53:14	6:31	5	1:01:56	11	1:01:56
00 12	3.25	25:53	7:57	5	9:04	11	9:04	39.00	4:19:07	6:38	3	29:03	7	49:24
000 00	3.25	25:01	7:41	5	8:33	11	8:33	42.25	4:44:08	6:43	5	1:19:33	11	1:19:33