



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Mintgen, Dietmar

□□: 100 Marathon Club Deutschland

□□: 76

□□: 42.25 km

Marathon

□□□□:

Männer M55

□□□: 4:44:47

□□: 8.85 km/h

□□□□: 6:44 min/km

□□□□□/□□□□: 77 (of 86)

□□□□□/□: 66 (of 74)

□□□□□□: 2:43:30

□□□□□: 7 (of 7)

□□□□□□□: 3:23:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:22	5:39	6	4:45	58	6:57	3.25	18:22	5:39	7	4:45	28	0:07	
□□ 2	3.25	19:03	5:51	5	4:33	56	6:58	6.50	37:25	5:45	7	9:18	28		
□□ 3	3.25	19:39	6:02	6	5:00	58	7:25	9.75	57:04	5:51	7	14:18	25	2:38	
□□ 4	3.25	20:17	6:14	6	5:19	63	7:46	13.00	1:17:21	5:56	7	19:37	1	-	
□□ 5	3.25	20:07	6:11	6	4:47	59	7:30	16.25	1:37:28	5:59	7	24:24	28		
□□ 6	3.25	20:52	6:25	7	5:49	65	8:12	19.50	1:58:20	6:04	6	30:13	29	11:09	
□□ 7	3.25	21:12	6:31	7	6:03	65	8:29	22.75	2:19:32	6:07	6	36:16	26	23:56	
□□ 8	3.25	22:22	6:52	7	6:45	64	9:29	26.00	2:41:54	6:13	6	27:20	26	4:28	
□□ 9	3.25	23:46	7:18	7	7:49	66	11:10	29.25	3:05:40	6:20	7	50:50	27	22:32	
□□ 10	3.25	23:56	7:21	7	7:29	65	11:10	32.50	3:29:36	6:26	7	58:19	27	32:28	
□□ 11	3.25	24:47	7:37	7	7:43	65	11:46	35.75	3:54:23	6:33	7	1:06:02	26	17:20	
□□ 12	3.25	25:35	7:52	7	7:45	65	12:31	39.00	4:19:58	6:39	5	47:47	27	34:43	
□□□ □□	3.25	24:49	7:38	7	7:54	65	11:54	42.25	4:44:47	6:44	7	1:21:41	67	3:50:07	