



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

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Beiderbeck, Dietmar

□□: LG Würzburg/ Speedmax-Team

□□: 104

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 5:17:30

□□: 7.94 km/h

□□□□: 7:31 min/km

□□□□□/□□□□: 83 (of 86)

□□□□□/□: 71 (of 74)

□□□□□□: 2:43:30

□□□□□: 15(of 16)

□□□□□□□: 2:43:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:46	5:46	14	7:21	64	7:21	3.25	18:46	5:46	16	2:14	22	0:31	
□□ 2	3.25	20:00	6:09	16	7:55	68	7:55	6.50	38:46	5:57	16	4:07	22	1:02	
□□ 3	3.25	20:45	6:23	15	8:31	69	8:31	9.75	59:31	6:06	14	23:47	20	5:05	
□□ 4	3.25	21:51	6:43	15	9:20	70	9:20	13.00	1:21:22	6:15	11	33:07	21	4:01	
□□ 5	3.25	21:41	6:40	15	9:04	70	9:04	16.25	1:43:03	6:20	14	29:55	23	5:30	
□□ 6	3.25	22:59	7:04	15	10:19	70	10:19	19.50	2:06:02	6:27	15	52:30	72	18:51	
□□ 7	3.25	24:40	7:35	15	11:57	72	11:57	22.75	2:30:42	6:37	12	1:04:27	31	35:06	
□□ 8	3.25	26:36	8:11	15	13:43	71	13:43	26.00	2:57:18	6:49	13	1:18:10	20	19:52	
□□ 9	3.25	27:13	8:22	15	14:37	70	14:37	29.25	3:24:31	6:59	14	1:32:47	21	41:23	
□□ 10	3.25	30:32	9:23	15	17:46	71	17:46	32.50	3:55:03	7:13	15	1:50:33	21	57:55	
□□ 11	3.25	29:48	9:10	15	16:47	71	16:47	35.75	4:24:51	7:24	14	2:07:20	21	47:48	
□□ 12	3.25	27:44	8:31	15	14:40	71	14:40	39.00	4:52:35	7:30	14	2:22:00	32	1:07:20	
□□□ □□	3.25	24:55	7:40	16	12:00	67	12:00	42.25	5:17:30	7:30	16	4:22:50	72	4:22:50	