



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

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Reif, Bernd

□□: laufcombo Reif

□□: 61

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 3:35:31

□□: 11.69 km/h

□□□□: 5:06 min/km

□□□□□/□□□: 27 (of 164)

□□□□□/□: 25 (of 136)

□□□□□□: 2:51:03

□□□□□: 6(of 24)

□□□□□□□: 2:51:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:15	4:41	8	2:22	37	2:35	3.25	15:15	4:41	19	-	-	31	
□□ 2	3.25	15:20	4:43	7	2:27	33	2:36	6.50	30:35	4:42	19	-	-	31	
□□ 3	3.25	15:31	4:46	7	2:44	29	2:44	9.75	46:06	4:43	19	-	-	31	
□□ 4	3.25	15:32	4:46	7	2:34	26	2:36	13.00	1:01:38	4:44	19	-	-	30	5:13
□□ 5	3.25	15:39	4:48	7	2:49	30	2:49	16.25	1:17:17	4:45	19	-	-	30	6:26
□□ 6	3.25	15:38	4:48	6	2:30	27	2:30	19.50	1:32:55	4:45	19	-	-	30	6:48
□□ 7	3.25	15:59	4:55	6	3:03	26	3:04	22.75	1:48:54	4:47	19	-	-	28	
□□ 8	3.25	16:22	5:02	6	3:10	28	3:10	26.00	2:05:16	4:49	19	-	-	28	
□□ 9	3.25	16:45	5:09	6	3:20	26	3:21	29.25	2:22:01	4:51	19	-	-	27	
□□ 10	3.25	17:12	5:17	7	3:37	31	3:37	32.50	2:39:13	4:53	19	-	-	26	28:32
□□ 11	3.25	18:35	5:43	9	5:26	44	5:26	35.75	2:57:48	4:58	19	-	-	25	33:58
□□ 12	3.25	18:42	5:45	9	5:01	43	5:01	39.00	3:16:30	5:02	19	-	-	25	38:59
□□□ □□	3.25	19:01	5:51	16	5:29	66	5:29	42.25	3:35:31	5:06	7	1:23:02	-	31	2:09:18