



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Heß, Marco

00: Regensburg

00: 13

00: 42.25 km

Marathon

0000:

Männer M20

000: 3:36:49

00: 11.62 km/h

0000: 5:08 min/km

00000/000: 31 (of 164)

00000/0: 29 (of 136)

000000: 2:51:03

00000: 6(of 17)

0000000: 2:53:09

0000

0000

000

| 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 | 14:27 | 4:26 | 8 | 1:28 | 23 | 1:47 | 3.25 | 14:27 | 4:26 | 12 | - | 35 | |
| 00 2 | 3.25 | 16:06 | 4:57 | 9 | 3:22 | 50 | 3:22 | 6.50 | 30:33 | 4:42 | 12 | - | 35 | |
| 00 3 | 3.25 | 15:39 | 4:48 | 10 | 2:52 | 34 | 2:52 | 9.75 | 46:12 | 4:44 | 5 | - | 35 | |
| 00 4 | 3.25 | 15:39 | 4:48 | 10 | 2:41 | 33 | 2:43 | 13.00 | 1:01:51 | 4:45 | 6 | 10:16 | 34 | 5:26 |
| 00 5 | 3.25 | 15:38 | 4:48 | 8 | 2:48 | 29 | 2:48 | 16.25 | 1:17:29 | 4:46 | 6 | 13:04 | 34 | 6:38 |
| 00 6 | 3.25 | 17:02 | 5:14 | 8 | 3:53 | 56 | 3:54 | 19.50 | 1:34:31 | 4:50 | 6 | 16:57 | 34 | 8:24 |
| 00 7 | 3.25 | 17:46 | 5:28 | 11 | 4:51 | 73 | 4:51 | 22.75 | 1:52:17 | 4:56 | 6 | 21:48 | 32 | 3:12 |
| 00 8 | 3.25 | 16:37 | 5:06 | 6 | 3:24 | 32 | 3:25 | 26.00 | 2:08:54 | 4:57 | 6 | 25:12 | 32 | 2:48 |
| 00 9 | 3.25 | 17:15 | 5:18 | 7 | 3:51 | 38 | 3:51 | 29.25 | 2:26:09 | 4:59 | 6 | 29:03 | 31 | 0:09 |
| 00 10 | 3.25 | 17:34 | 5:24 | 7 | 3:58 | 33 | 3:59 | 32.50 | 2:43:43 | 5:02 | 6 | 33:01 | 30 | 33:02 |
| 00 11 | 3.25 | 17:53 | 5:30 | 7 | 4:02 | 31 | 4:44 | 35.75 | 3:01:36 | 5:04 | 6 | 37:03 | 29 | 37:46 |
| 00 12 | 3.25 | 18:01 | 5:32 | 6 | 3:51 | 30 | 4:20 | 39.00 | 3:19:37 | 5:07 | 6 | 40:42 | 29 | 42:06 |
| 000 00 | 3.25 | 17:12 | 5:17 | 4 | 2:58 | 24 | 3:40 | 42.25 | 3:36:49 | 5:07 | 7 | 2:10:36 | 35 | 2:10:36 |