



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Post, Sascha

□□: Eversmeer

□□: 32

□□: 42.25 km

Marathon

□□□□:

Männer M30

□□□: 3:40:47

□□: 11.48 km/h

□□□□: 5:14 min/km

□□□□□/□□□□: 38 (of 164)

□□□□□/□: 36 (of 136)

□□□□□□: 2:51:03

□□□□□: 7(of 13)

□□□□□□□: 2:56:59

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 17:33 | 5:24 | 11 | 4:39 | 82 | 4:53 | 3.25 | 17:33 | 5:24 | 8 | 3:55 | 42 | | |
| □□ 2 | 3.25 | 16:24 | 5:02 | 10 | 3:19 | 57 | 3:40 | 6.50 | 33:57 | 5:13 | 8 | 6:15 | 42 | | |
| □□ 3 | 3.25 | 15:57 | 4:54 | 7 | 2:54 | 43 | 3:10 | 9.75 | 49:54 | 5:07 | 8 | 7:56 | 42 | | |
| □□ 4 | 3.25 | 16:25 | 5:03 | 9 | 3:10 | 55 | 3:29 | 13.00 | 1:06:19 | 5:06 | 8 | 9:54 | 41 | 9:54 | |
| □□ 5 | 3.25 | 16:10 | 4:58 | 9 | 2:53 | 41 | 3:20 | 16.25 | 1:22:29 | 5:04 | 8 | 11:38 | 41 | 11:38 | |
| □□ 6 | 3.25 | 16:07 | 4:57 | 7 | 2:42 | 34 | 2:59 | 19.50 | 1:38:36 | 5:03 | 8 | 12:29 | 41 | 12:29 | |
| □□ 7 | 3.25 | 16:20 | 5:01 | 5 | 2:56 | 30 | 3:25 | 22.75 | 1:54:56 | 5:03 | 7 | 22:33 | 39 | 5:51 | |
| □□ 8 | 3.25 | 16:07 | 4:57 | 5 | 2:18 | 25 | 2:55 | 26.00 | 2:11:03 | 5:02 | 7 | 24:51 | 39 | 4:57 | |
| □□ 9 | 3.25 | 16:47 | 5:09 | 5 | 3:01 | 27 | 3:23 | 29.25 | 2:27:50 | 5:03 | 7 | 27:52 | 38 | 1:50 | |
| □□ 10 | 3.25 | 16:56 | 5:12 | 5 | 2:52 | 24 | 3:21 | 32.50 | 2:44:46 | 5:04 | 7 | 30:44 | 37 | 34:05 | |
| □□ 11 | 3.25 | 17:41 | 5:26 | 6 | 3:32 | 28 | 4:32 | 35.75 | 3:02:27 | 5:06 | 7 | 34:16 | 36 | 38:37 | |
| □□ 12 | 3.25 | 18:25 | 5:40 | 8 | 4:01 | 37 | 4:44 | 39.00 | 3:20:52 | 5:09 | 7 | 38:17 | 36 | 43:21 | |
| □□□ □□ | 3.25 | 19:55 | 6:07 | 11 | 5:31 | 76 | 6:23 | 42.25 | 3:40:47 | 5:13 | 8 | 1:58:51 | 42 | 2:14:34 | |