



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Schläger, Lars

□□: Trail Team OWL

□□: 7

□□: 42.25 km

Marathon

□□□□:

Männer M20

□□□: 3:45:06

□□: 11.20 km/h

□□□□: 5:20 min/km

□□□□□/□□□□: 48 (of 164)

□□□□□/□: 46 (of 136)

□□□□□□: 2:51:03

□□□□□: 8(of 17)

□□□□□□□: 2:53:09

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:35	5:06	11	3:36	65	3:55	3.25	16:35	5:06	1	-	52	
□□ 2	3.25	16:40	5:07	13	3:56	69	3:56	6.50	33:15	5:06	1	-	52	
□□ 3	3.25	16:56	5:12	13	4:09	71	4:09	9.75	50:11	5:08	1	-	52	
□□ 4	3.25	17:28	5:22	14	4:30	78	4:32	13.00	1:07:39	5:12	8	16:04	51	11:14
□□ 5	3.25	16:44	5:08	12	3:54	59	3:54	16.25	1:24:23	5:11	8	19:58	51	13:32
□□ 6	3.25	17:06	5:15	10	3:57	58	3:58	19.50	1:41:29	5:12	8	23:55	51	15:22
□□ 7	3.25	17:02	5:14	7	4:07	50	4:07	22.75	1:58:31	5:12	8	28:02	49	9:26
□□ 8	3.25	17:20	5:19	8	4:07	48	4:08	26.00	2:15:51	5:13	8	32:09	49	9:45
□□ 9	3.25	17:15	5:18	7	3:51	38	3:51	29.25	2:33:06	5:14	8	36:00	48	7:06
□□ 10	3.25	17:43	5:27	8	4:07	35	4:08	32.50	2:50:49	5:15	8	40:07	47	40:08
□□ 11	3.25	18:03	5:33	8	4:12	33	4:54	35.75	3:08:52	5:16	8	44:19	46	45:02
□□ 12	3.25	18:09	5:35	7	3:59	32	4:28	39.00	3:27:01	5:18	8	48:06	46	49:30
□□□ □□	3.25	18:05	5:33	6	3:51	44	4:33	42.25	3:45:06	5:19	9	2:18:53	52	2:18:53