



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Fenz, Hendrik

□□: Hamburg

□□: 145

□□: 42.25 km

Marathon

□□□□:

Männer M50

□□□: 3:45:43

□□: 11.16 km/h

□□□□: 5:20 min/km

□□□□□/□□□: 50 (of 164)

□□□□□/□: 48 (of 136)

□□□□□□: 2:51:03

□□□□□: 6(of 18)

□□□□□□□: 3:32:54

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:26	5:40	12	3:22	103	5:46	3.25	18:26	5:40	13	0:50	54		
□□ 2	3.25	17:01	5:14	9	1:43	78	4:17	6.50	35:27	5:27	13	1:14	54		
□□ 3	3.25	16:40	5:07	6	0:53	64	3:53	9.75	52:07	5:20	13	1:01	54		
□□ 4	3.25	16:42	5:08	7	1:01	62	3:46	13.00	1:08:49	5:17	13	0:26	53	12:24	
□□ 5	3.25	16:48	5:10	7	1:09	64	3:58	16.25	1:25:37	5:16	13		53	14:46	
□□ 6	3.25	16:42	5:08	6	0:50	50	3:34	19.50	1:42:19	5:14	13		53	16:12	
□□ 7	3.25	16:41	5:08	4	0:40	40	3:46	22.75	1:59:00	5:13	13		51	9:55	
□□ 8	3.25	17:04	5:15	5	1:01	43	3:52	26.00	2:16:04	5:14	13		51	9:58	
□□ 9	3.25	17:14	5:18	5	0:49	36	3:50	29.25	2:33:18	5:14	13		50	7:18	
□□ 10	3.25	18:05	5:33	5	1:46	37	4:30	32.50	2:51:23	5:16	13		49	40:42	
□□ 11	3.25	18:08	5:34	4	1:43	36	4:59	35.75	3:09:31	5:18	13		48	45:41	
□□ 12	3.25	17:53	5:30	4	1:06	27	4:12	39.00	3:27:24	5:19	13		48	49:53	
□□□ □□	3.25	18:19	5:38	7	2:58	50	4:47	42.25	3:45:43	5:20	7	1:01:25	54	2:19:30	