



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Fröhlich, Peter

□□: LG eXa Leipzig

□□: 217

□□: 42.25 km

Marathon

□□□□:

Männer M45

□□□: 3:49:16

□□: 10.99 km/h

□□□□: 5:26 min/km

□□□□□/□□□: 56 (of 164)

□□□□□/□: 54 (of 136)

□□□□□□: 2:51:03

□□□□□: 10(of 29)

□□□□□□□: 3:07:22

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:27	5:03	14	2:47	63	3:47	3.25	16:27	5:03	20		60	
□□ 2	3.25	16:58	5:13	16	2:59	76	4:14	6.50	33:25	5:08	20		60	
□□ 3	3.25	16:49	5:10	15	2:33	67	4:02	9.75	50:14	5:09	20		60	
□□ 4	3.25	17:23	5:20	16	2:56	76	4:27	13.00	1:07:37	5:12	20	0:04	59	11:12
□□ 5	3.25	17:07	5:15	13	2:44	69	4:17	16.25	1:24:44	5:12	1	-	59	13:53
□□ 6	3.25	17:22	5:20	14	3:02	72	4:14	19.50	1:42:06	5:14	20	0:01	59	15:59
□□ 7	3.25	17:38	5:25	14	3:18	68	4:43	22.75	1:59:44	5:15	20	0:39	57	10:39
□□ 8	3.25	17:35	5:24	10	3:15	54	4:23	26.00	2:17:19	5:16	20		57	11:13
□□ 9	3.25	17:34	5:24	6	3:09	42	4:10	29.25	2:34:53	5:17	20	0:49	56	8:53
□□ 10	3.25	18:20	5:38	8	3:55	45	4:45	32.50	2:53:13	5:19	20		55	42:32
□□ 11	3.25	18:14	5:36	7	3:34	37	5:05	35.75	3:11:27	5:21	20		54	47:37
□□ 12	3.25	20:36	6:20	16	5:36	75	6:55	39.00	3:32:03	5:26	20		54	54:32
□□□ □□	3.25	17:13	5:17	3	2:09	25	3:41	42.25	3:49:16	5:25	11	1:24:19	60	2:23:03