



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Wolfgramm, Klaus

00: RC-Entspurt Herford

00: 152

00: 42.25 km

Marathon

0000:

Männer M55

000: 3:49:34

00: 10.98 km/h

0000: 5:26 min/km

00000/000: 57 (of 164)

00000/0: 55 (of 136)

000000: 2:51:03

00000: 1(of 8)

0000000: 3:49:34

0000

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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	16:34	5:05	3	0:54	64	3:54	3.25	16:34	5:05	2	0:18	61	
00 2	3.25	16:41	5:08	2	0:49	70	3:57	6.50	33:15	5:06	2	0:15	52	
00 3	3.25	16:55	5:12	2	0:43	70	4:08	9.75	50:10	5:08	2	0:07	61	
00 4	3.25	17:12	5:17	3	0:54	72	4:16	13.00	1:07:22	5:10	2	0:18	60	10:57
00 5	3.25	17:08	5:16	2	0:44	70	4:18	16.25	1:24:30	5:12	2	0:10	60	13:39
00 6	3.25	17:29	5:22	3	0:54	75	4:21	19.50	1:41:59	5:13	2		60	15:52
00 7	3.25	17:27	5:22	1	-	58	4:32	22.75	1:59:26	5:14	2		58	10:21
00 8	3.25	17:45	5:27	2	0:01	63	4:33	26.00	2:17:11	5:16	2		58	11:05
00 9	3.25	17:52	5:29	1	-	45	4:28	29.25	2:35:03	5:18	2		57	9:03
00 10	3.25	18:14	5:36	1	-	42	4:39	32.50	2:53:17	5:19	2		56	42:36
00 11	3.25	18:48	5:47	1	-	47	5:39	35.75	3:12:05	5:22	1	-	55	48:15
00 12	3.25	18:43	5:45	2	0:43	44	5:02	39.00	3:30:48	5:24	1	-	55	53:17
000 00	3.25	18:46	5:46	2	1:19	60	5:14	42.25	3:49:34	5:26	2	23:15	61	2:23:21