



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Dargel, Roland

□□: Team Nordschwarzwald

□□: 110

□□: 42.25 km

Marathon

□□□□:

Männer M45

□□□: 3:49:47

□□: 10.97 km/h

□□□□: 5:26 min/km

□□□□□/□□□: 59 (of 164)

□□□□□/□: 57 (of 136)

□□□□□□: 2:51:03

□□□□□: 11(of 29)

□□□□□□□: 3:07:22

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	15:41	4:49	9	2:01	50	3:01	3.25	15:41	4:49	15	-	63	
□□ 2	3.25	15:46	4:51	8	1:47	38	3:02	6.50	31:27	4:50	18	-	63	
□□ 3	3.25	16:04	4:56	9	1:48	48	3:17	9.75	47:31	4:52	18	-	63	
□□ 4	3.25	16:08	4:57	8	1:41	42	3:12	13.00	1:03:39	4:53	18	-	62	7:14
□□ 5	3.25	16:29	5:04	10	2:06	53	3:39	16.25	1:20:08	4:55	19	-	62	9:17
□□ 6	3.25	16:39	5:07	7	2:19	46	3:31	19.50	1:36:47	4:57	19	-	62	10:40
□□ 7	3.25	17:00	5:13	8	2:40	47	4:05	22.75	1:53:47	5:00	19	-	60	4:42
□□ 8	3.25	17:26	5:21	8	3:06	51	4:14	26.00	2:11:13	5:02	19	-	60	5:07
□□ 9	3.25	18:06	5:34	13	3:41	61	4:42	29.25	2:29:19	5:06	19	-	45	3:19
□□ 10	3.25	19:24	5:58	15	4:59	72	5:49	32.50	2:48:43	5:11	19	-	58	38:02
□□ 11	3.25	20:31	6:18	16	5:51	78	7:22	35.75	3:09:14	5:17	19	-	57	45:24
□□ 12	3.25	20:35	6:19	15	5:35	74	6:54	39.00	3:29:49	5:22	19	-	57	52:18
□□□ □□	3.25	19:58	6:08	15	4:54	79	6:26	42.25	3:49:47	5:26	12	1:24:50	63	2:23:34