



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

loeber, ralf

□□: düsseldorf

□□: 46

□□: 42.25 km

Marathon

□□□□:

Männer M35

□□□: 3:51:35

□□: 10.88 km/h

□□□□: 5:29 min/km

□□□□□/□□□: 62 (of 164)

□□□□□/□: 59 (of 136)

□□□□□□: 2:51:03

□□□□□: 8(of 15)

□□□□□□□: 2:55:45

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:46	5:09	10	4:06	69	4:06	3.25	16:46	5:09	8	4:00	65		
□□ 2	3.25	16:48	5:10	12	3:54	74	4:04	6.50	33:34	5:09	8	7:54	65		
□□ 3	3.25	17:09	5:16	12	4:13	77	4:22	9.75	50:43	5:12	8	12:07	65		
□□ 4	3.25	17:02	5:14	11	4:06	69	4:06	13.00	1:07:45	5:12	8	16:13	64	11:20	
□□ 5	3.25	16:44	5:08	10	3:37	59	3:54	16.25	1:24:29	5:11	8	19:50	64	13:38	
□□ 6	3.25	16:57	5:12	9	3:41	54	3:49	19.50	1:41:26	5:12	8	23:31	64	15:19	
□□ 7	3.25	17:09	5:16	9	3:43	53	4:14	22.75	1:58:35	5:12	8	27:14	62	9:30	
□□ 8	3.25	17:23	5:20	9	3:41	50	4:11	26.00	2:15:58	5:13	8	30:55	62	9:52	
□□ 9	3.25	17:56	5:31	7	4:05	52	4:32	29.25	2:33:54	5:15	8	35:00	61	7:54	
□□ 10	3.25	18:54	5:48	8	4:55	64	5:19	32.50	2:52:48	5:19	8	39:55	60	42:07	
□□ 11	3.25	18:51	5:48	6	4:41	48	5:42	35.75	3:11:39	5:21	8	44:36	59	47:49	
□□ 12	3.25	20:05	6:10	8	5:39	65	6:24	39.00	3:31:44	5:25	8	50:15	59	54:13	
□□□ □□	3.25	19:51	6:06	8	5:35	75	6:19	42.25	3:51:35	5:28	8	55:50	65	2:25:22	