



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

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## Mittelsdorf, Mark

□□: Infanterieschule HAMMELBURG

□□: 60

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 3:52:15

□□: 10.85 km/h

□□□□: 5:30 min/km

□□□□□/□□□: 64 (of 164)

□□□□□/□: 61 (of 136)

□□□□□□: 2:51:03

□□□□□: 12(of 24)

□□□□□□□: 2:51:03

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	15:25	4:44	9	2:32	39	2:45	3.25	15:25	4:44	1	-	53	
□□ 2	3.25	16:03	4:56	10	3:10	46	3:19	6.50	31:28	4:50	1	-	53	
□□ 3	3.25	16:16	5:00	11	3:29	56	3:29	9.75	47:44	4:53	1	-	53	
□□ 4	3.25	16:38	5:07	11	3:40	58	3:42	13.00	1:04:22	4:57	1	-	66	7:57
□□ 5	3.25	16:45	5:09	11	3:55	61	3:55	16.25	1:21:07	4:59	1	-	66	10:16
□□ 6	3.25	17:06	5:15	11	3:58	58	3:58	19.50	1:38:13	5:02	1	-	66	12:06
□□ 7	3.25	17:31	5:23	12	4:35	63	4:36	22.75	1:55:44	5:05	1	-	64	6:39
□□ 8	3.25	18:36	5:43	16	5:24	85	5:24	26.00	2:14:20	5:10	1	-	64	8:14
□□ 9	3.25	18:18	5:37	12	4:53	66	4:54	29.25	2:32:38	5:13	1	-	63	6:38
□□ 10	3.25	21:00	6:27	20	7:25	100	7:25	32.50	2:53:38	5:20	1	-	62	42:57
□□ 11	3.25	20:23	6:16	15	7:14	77	7:14	35.75	3:14:01	5:25	1	-	61	50:11
□□ 12	3.25	19:22	5:57	13	5:41	56	5:41	39.00	3:33:23	5:28	1	-	61	55:52
□□□ □□	3.25	18:52	5:48	15	5:20	63	5:20	42.25	3:52:15	5:29	13	1:39:46	67	2:26:02