



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Tiedemann, Udo

00: Laufen in Forchheim

00: 125

00: 42.25 km

Marathon

0000:

Männer M50

000: 3:54:52

00: 10.73 km/h

0000: 5:34 min/km

00000/000: 66 (of 164)

00000/0: 63 (of 136)

000000: 2:51:03

00000: 7(of 18)

0000000: 3:32:54

0000

0000

000

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	16:26	5:03	6	1:22	62	3:46	3.25	16:26	5:03	12	-	69	
00 2	3.25	16:34	5:05	5	1:16	61	3:50	6.50	33:00	5:04	12	-	23	
00 3	3.25	16:51	5:11	7	1:04	68	4:04	9.75	49:51	5:06	12	-	69	
00 4	3.25	16:38	5:07	5	0:57	58	3:42	13.00	1:06:29	5:06	12	-	68	10:04
00 5	3.25	16:45	5:09	6	1:06	61	3:55	16.25	1:23:14	5:07	12	-	68	12:23
00 6	3.25	17:14	5:18	8	1:22	65	4:06	19.50	1:40:28	5:09	12	-	68	14:21
00 7	3.25	17:52	5:29	11	1:51	78	4:57	22.75	1:58:20	5:12	12	-	66	9:15
00 8	3.25	17:50	5:29	9	1:47	65	4:38	26.00	2:16:10	5:14	12	-	66	10:04
00 9	3.25	19:30	6:00	12	3:05	84	6:06	29.25	2:35:40	5:19	12	-	65	9:40
00 10	3.25	20:00	6:09	12	3:41	84	6:25	32.50	2:55:40	5:24	12	-	64	44:59
00 11	3.25	20:17	6:14	12	3:52	74	7:08	35.75	3:15:57	5:28	12	-	63	52:07
00 12	3.25	20:52	6:25	12	4:05	81	7:11	39.00	3:36:49	5:33	12	0:02	63	59:18
000 00	3.25	18:03	5:33	5	2:42	42	4:31	42.25	3:54:52	5:33	8	1:10:34	69	2:28:39