



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

van der Kraan, Arnold

000: 3:56:23

00: AV'40

00: 10.66 km/h

00: 84

0000: 5:35 min/km

00: 42.25 km

00000/000: 70 (of 164)

Marathon

00000/0: 67 (of 136)

000000: 2:51:03

0000:

00000: 13(of 29)

Männer M45

0000000: 3:07:22

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	18:46	5:46	25	5:06	107	6:06	3.25	18:46	5:46	17	2:02	73	
00 2	3.25	18:17	5:37	24	4:18	103	5:33	6.50	37:03	5:41	17	3:35	73	
00 3	3.25	18:38	5:44	25	4:22	111	5:51	9.75	55:41	5:42	17	5:11	73	
00 4	3.25	17:49	5:28	19	3:22	85	4:53	13.00	1:13:30	5:39	17	5:57	72	17:05
00 5	3.25	17:43	5:27	19	3:20	84	4:53	16.25	1:31:13	5:36	17	6:29	72	20:22
00 6	3.25	18:05	5:33	19	3:45	87	4:57	19.50	1:49:18	5:36	17	7:13	72	23:11
00 7	3.25	17:47	5:28	15	3:27	74	4:52	22.75	2:07:05	5:35	17	8:00	70	18:00
00 8	3.25	17:43	5:27	12	3:23	61	4:31	26.00	2:24:48	5:34	17	7:16	70	18:42
00 9	3.25	18:02	5:32	11	3:37	57	4:38	29.25	2:42:50	5:34	17	8:46	69	16:50
00 10	3.25	19:14	5:55	14	4:49	71	5:39	32.50	3:02:04	5:36	17	6:36	68	51:23
00 11	3.25	18:06	5:34	6	3:26	35	4:57	35.75	3:20:10	5:35	17	3:02	67	56:20
00 12	3.25	18:16	5:37	5	3:16	34	4:35	39.00	3:38:26	5:36	17	0:21	67	1:00:55
000 00	3.25	17:57	5:31	5	2:53	36	4:25	42.25	3:56:23	5:35	14	1:31:26	73	2:30:10