



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Ritter, Roland

00: TuS Uentrop

00: 139

00: 42.25 km

Marathon

0000:

Männer M50

000: 3:56:52

00: 10.70 km/h

0000: 5:37 min/km

00000/0000: 72 (of 164)

00000/0: 69 (of 136)

000000: 2:51:03

00000: 9(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	17:36	5:24	9	2:32	84	4:56	3.25	17:36	5:24	1	-	75	
00 2	3.25	16:37	5:06	8	1:19	68	3:53	6.50	34:13	5:15	1	-	75	
00 3	3.25	16:53	5:11	8	1:06	69	4:06	9.75	51:06	5:14	1	-	75	
00 4	3.25	17:17	5:19	8	1:36	74	4:21	13.00	1:08:23	5:15	1	-	74	11:58
00 5	3.25	18:46	5:46	14	3:07	102	5:56	16.25	1:27:09	5:21	1	-	74	16:18
00 6	3.25	17:14	5:18	8	1:22	65	4:06	19.50	1:44:23	5:21	1	-	74	18:16
00 7	3.25	17:45	5:27	9	1:44	71	4:50	22.75	2:02:08	5:22	1	-	72	13:03
00 8	3.25	18:08	5:34	10	2:05	73	4:56	26.00	2:20:16	5:23	1	-	72	14:10
00 9	3.25	19:03	5:51	11	2:38	81	5:39	29.25	2:39:19	5:26	1	-	71	13:19
00 10	3.25	18:01	5:32	4	1:42	36	4:26	32.50	2:57:20	5:27	1	-	70	46:39
00 11	3.25	19:05	5:52	9	2:40	57	5:56	35.75	3:16:25	5:29	1	-	69	52:35
00 12	3.25	20:22	6:15	10	3:35	71	6:41	39.00	3:36:47	5:33	1	-	69	59:16
000 00	3.25	20:05	6:10	11	4:44	81	6:33	42.25	3:56:52	5:36	10	1:12:34	75	2:30:39