



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Halder, Roland

00: 100 Marathon Club

00: 51

00: 42.25 km

Marathon

0000:

Männer M40

000: 3:58:28

00: 10.57 km/h

0000: 5:38 min/km

00000/000: 80 (of 164)

00000/0: 76 (of 136)

000000: 2:51:03

00000: 14(of 24)

0000000: 2:51:03

0000

0000

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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	17:39	5:25	16	4:46	87	4:59	3.25	17:39	5:25	11	2:14	82	
00 2	3.25	18:54	5:48	20	6:01	112	6:10	6.50	36:33	5:37	11	5:05	82	
00 3	3.25	18:24	5:39	18	5:37	103	5:37	9.75	54:57	5:38	11	7:13	82	
00 4	3.25	18:38	5:44	18	5:40	101	5:42	13.00	1:13:35	5:39	11	9:13	81	17:10
00 5	3.25	18:37	5:43	19	5:47	97	5:47	16.25	1:32:12	5:40	11	11:05	81	21:21
00 6	3.25	18:21	5:38	17	5:13	93	5:13	19.50	1:50:33	5:40	11	12:20	81	24:26
00 7	3.25	18:44	5:45	17	5:48	93	5:49	22.75	2:09:17	5:40	8	13:33	79	20:12
00 8	3.25	18:32	5:42	15	5:20	81	5:20	26.00	2:27:49	5:41	11	13:29	79	21:43
00 9	3.25	18:58	5:50	17	5:33	79	5:34	29.25	2:46:47	5:42	11	14:09	78	20:47
00 10	3.25	18:47	5:46	13	5:12	60	5:12	32.50	3:05:34	5:42	11	11:56	77	54:53
00 11	3.25	18:05	5:33	7	4:56	34	4:56	35.75	3:23:39	5:41	11	9:38	76	59:49
00 12	3.25	17:19	5:19	5	3:38	19	3:38	39.00	3:40:58	5:39	11	7:35	76	1:03:27
000 00	3.25	17:30	5:23	7	3:58	30	3:58	42.25	3:58:28	5:38	15	1:45:59	82	2:32:15