



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Halder, Roland

□□: 100 Marathon Club

□□: 51

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 3:58:28

□□: 10.57 km/h

□□□□: 5:38 min/km

□□□□□/□□□: 80 (of 164)

□□□□□/□: 76 (of 136)

□□□□□□: 2:51:03

□□□□□: 14(of 24)

□□□□□□□: 2:51:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:39	5:25	16	4:46	87	4:59	3.25	17:39	5:25	11	2:14	82		
□□ 2	3.25	18:54	5:48	20	6:01	112	6:10	6.50	36:33	5:37	11	5:05	82		
□□ 3	3.25	18:24	5:39	18	5:37	103	5:37	9.75	54:57	5:38	11	7:13	82		
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□ 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	
□□□ □□	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	