



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Höfer, Mike

□□: TUS Griesheim

□□: 75

□□: 42.25 km

Marathon

□□□□:

Männer M40

□□□: 3:59:03

□□: 10.60 km/h

□□□□: 5:40 min/km

□□□□□/□□□□: 81 (of 164)

□□□□□/□: 77 (of 136)

□□□□□□: 2:51:03

□□□□□: 15(of 24)

□□□□□□□: 2:51:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	18:02	5:32	17	5:09	95	5:22	3.25	18:02	5:32	10	2:37	37	
□□ 2	3.25	17:39	5:25	14	4:46	89	4:55	6.50	35:41	5:29	10	4:13	83	
□□ 3	3.25	17:36	5:24	14	4:49	83	4:49	9.75	53:17	5:27	10	5:33	68	
□□ 4	3.25	18:20	5:38	16	5:22	93	5:24	13.00	1:11:37	5:30	10	7:15	82	15:12
□□ 5	3.25	17:50	5:29	14	5:00	86	5:00	16.25	1:29:27	5:30	10	8:20	82	18:36
□□ 6	3.25	17:49	5:28	13	4:41	81	4:41	19.50	1:47:16	5:30	10	9:03	82	21:09
□□ 7	3.25	17:37	5:25	13	4:41	66	4:42	22.75	2:04:53	5:29	10	9:09	80	15:48
□□ 8	3.25	17:56	5:31	12	4:44	69	4:44	26.00	2:22:49	5:29	10	8:29	80	16:43
□□ 9	3.25	18:35	5:43	13	5:10	70	5:11	29.25	2:41:24	5:31	10	8:46	79	15:24
□□ 10	3.25	18:45	5:46	12	5:10	57	5:10	32.50	3:00:09	5:32	10	6:31	78	49:28
□□ 11	3.25	20:02	6:09	14	6:53	71	6:53	35.75	3:20:11	5:35	10	6:10	77	56:21
□□ 12	3.25	20:46	6:23	18	7:05	80	7:05	39.00	3:40:57	5:39	10	7:34	77	1:03:26
□□□ □□	3.25	18:06	5:34	9	4:34	45	4:34	42.25	3:59:03	5:39	16	1:46:34	83	2:32:50