



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Lifar, Max

□□: Darmstadt

□□: 15

□□: 42.25 km

Marathon

□□□□:

Männer M20

□□□: 4:03:31

□□: 10.35 km/h

□□□□: 5:46 min/km

□□□□□/□□□: 89 (of 164)

□□□□□/□: 83 (of 136)

□□□□□□: 2:51:03

□□□□□: 12(of 17)

□□□□□□□: 2:53:09

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 14:23 | 4:25 | 6 | 1:24 | 19 | 1:43 | 3.25 | 14:23 | 4:25 | 6 | - | 89 | |
| □□ 2 | 3.25 | 14:22 | 4:25 | 7 | 1:38 | 20 | 1:38 | 6.50 | 28:45 | 4:25 | 6 | - | 89 | |
| □□ 3 | 3.25 | 14:32 | 4:28 | 7 | 1:45 | 18 | 1:45 | 9.75 | 43:17 | 4:26 | 6 | - | 89 | |
| □□ 4 | 3.25 | 14:43 | 4:31 | 7 | 1:45 | 20 | 1:47 | 13.00 | 58:00 | 4:27 | 12 | 6:25 | 88 | 1:35 |
| □□ 5 | 3.25 | 15:52 | 4:52 | 10 | 3:02 | 35 | 3:02 | 16.25 | 1:13:52 | 4:32 | 12 | 9:27 | 88 | 3:01 |
| □□ 6 | 3.25 | 17:08 | 5:16 | 12 | 3:59 | 61 | 4:00 | 19.50 | 1:31:00 | 4:40 | 12 | 13:26 | 88 | 4:53 |
| □□ 7 | 3.25 | 18:47 | 5:46 | 12 | 5:52 | 94 | 5:52 | 22.75 | 1:49:47 | 4:49 | 12 | 19:18 | 86 | 0:42 |
| □□ 8 | 3.25 | 19:52 | 6:06 | 12 | 6:39 | 99 | 6:40 | 26.00 | 2:09:39 | 4:59 | 12 | 25:57 | 86 | 3:33 |
| □□ 9 | 3.25 | 20:59 | 6:27 | 12 | 7:35 | 103 | 7:35 | 29.25 | 2:30:38 | 5:08 | 12 | 33:32 | 85 | 4:38 |
| □□ 10 | 3.25 | 20:46 | 6:23 | 12 | 7:10 | 98 | 7:11 | 32.50 | 2:51:24 | 5:16 | 12 | 40:42 | 84 | 40:43 |
| □□ 11 | 3.25 | 22:54 | 7:02 | 13 | 9:03 | 107 | 9:45 | 35.75 | 3:14:18 | 5:26 | 12 | 49:45 | 83 | 50:28 |
| □□ 12 | 3.25 | 27:01 | 8:18 | 17 | 12:51 | 131 | 13:20 | 39.00 | 3:41:19 | 5:40 | 12 | 1:02:24 | 83 | 1:03:48 |
| □□□ □□ | 3.25 | 22:12 | 6:49 | 13 | 7:58 | 106 | 8:40 | 42.25 | 4:03:31 | 5:45 | 13 | 2:37:18 | 89 | 2:37:18 |