



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Bartsch, Frank

□□□: 4:07:44

□□: Glück Auf, der Steiger kommt

□□: 10.17 km/h

□□: 90

□□□□: 5:52 min/km

□□: 42.25 km

□□□□□/□□□: 91 (of 164)

Marathon

□□□□□/□: 85 (of 136)

□□□□□□: 2:51:03

□□□□:

□□□□□: 19(of 29)

Männer M45

□□□□□□□: 3:07:22

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 20:00 | 6:09 | 29 | 6:20 | 125 | 7:20 | 3.25 | 20:00 | 6:09 | 11 | 3:16 | 91 | | |
| □□ 2 | 3.25 | 18:32 | 5:42 | 25 | 4:33 | 106 | 5:48 | 6.50 | 38:32 | 5:55 | 6 | 5:04 | 91 | | |
| □□ 3 | 3.25 | 18:30 | 5:41 | 24 | 4:14 | 107 | 5:43 | 9.75 | 57:02 | 5:50 | 11 | 6:32 | 91 | | |
| □□ 4 | 3.25 | 18:37 | 5:43 | 24 | 4:10 | 98 | 5:41 | 13.00 | 1:15:39 | 5:49 | 11 | 8:06 | 90 | 19:14 | |
| □□ 5 | 3.25 | 18:21 | 5:38 | 21 | 3:58 | 92 | 5:31 | 16.25 | 1:34:00 | 5:47 | 11 | 9:16 | 90 | 23:09 | |
| □□ 6 | 3.25 | 20:17 | 6:14 | 27 | 5:57 | 117 | 7:09 | 19.50 | 1:54:17 | 5:51 | 11 | 12:12 | 90 | 28:10 | |
| □□ 7 | 3.25 | 18:06 | 5:34 | 18 | 3:46 | 81 | 5:11 | 22.75 | 2:12:23 | 5:49 | 11 | 13:18 | 88 | 23:18 | |
| □□ 8 | 3.25 | 18:21 | 5:38 | 16 | 4:01 | 77 | 5:09 | 26.00 | 2:30:44 | 5:47 | 11 | 13:12 | 88 | 24:38 | |
| □□ 9 | 3.25 | 18:36 | 5:43 | 15 | 4:11 | 71 | 5:12 | 29.25 | 2:49:20 | 5:47 | 11 | 15:16 | 87 | 23:20 | |
| □□ 10 | 3.25 | 18:47 | 5:46 | 11 | 4:22 | 60 | 5:12 | 32.50 | 3:08:07 | 5:47 | 11 | 12:39 | 86 | 57:26 | |
| □□ 11 | 3.25 | 18:58 | 5:50 | 10 | 4:18 | 51 | 5:49 | 35.75 | 3:27:05 | 5:47 | 11 | 9:57 | 85 | 1:03:15 | |
| □□ 12 | 3.25 | 19:40 | 6:03 | 12 | 4:40 | 63 | 5:59 | 39.00 | 3:46:45 | 5:48 | 11 | 8:40 | 85 | 1:09:14 | |
| □□□ □□ | 3.25 | 20:59 | 6:27 | 20 | 5:55 | 93 | 7:27 | 42.25 | 4:07:44 | 5:51 | 20 | 1:42:47 | 91 | 2:41:31 | |