



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Steinebach, André

□□: LT PhoenixSEE Dortmund

□□: 37

□□: 42.25 km

Marathon

□□□□:

Männer M35

□□□: 4:08:56

□□: 10.12 km/h

□□□□: 5:53 min/km

□□□□□/□□□□: 93 (of 164)

□□□□□/□: 87 (of 136)

□□□□□□: 2:51:03

□□□□□: 13(of 15)

□□□□□□□: 2:55:45

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	16:10	4:58	8	3:30	59	3:30	3.25	16:10	4:58	13	3:24	93		
□□ 2	3.25	16:28	5:03	8	3:34	58	3:44	6.50	32:38	5:01	13	6:58	93		
□□ 3	3.25	16:34	5:05	10	3:38	63	3:47	9.75	49:12	5:02	13	10:36	93		
□□ 4	3.25	17:36	5:24	13	4:40	84	4:40	13.00	1:06:48	5:08	13	15:16	92	10:23	
□□ 5	3.25	17:25	5:21	12	4:18	75	4:35	16.25	1:24:13	5:10	13	19:34	92	13:22	
□□ 6	3.25	17:21	5:20	12	4:05	70	4:13	19.50	1:41:34	5:12	13	23:39	92	15:27	
□□ 7	3.25	18:14	5:36	13	4:48	84	5:19	22.75	1:59:48	5:15	13	28:27	90	10:43	
□□ 8	3.25	19:01	5:51	12	5:19	88	5:49	26.00	2:18:49	5:20	13	33:46	90	12:43	
□□ 9	3.25	19:33	6:00	11	5:42	85	6:09	29.25	2:38:22	5:24	13	39:28	89	12:22	
□□ 10	3.25	22:12	6:49	13	8:13	108	8:37	32.50	3:00:34	5:33	13	47:41	88	49:53	
□□ 11	3.25	25:14	7:45	15	11:04	121	12:05	35.75	3:25:48	5:45	13	58:45	87	1:01:58	
□□ 12	3.25	21:43	6:40	11	7:17	93	8:02	39.00	3:47:31	5:50	13	1:06:02	87	1:10:00	
□□□ □□	3.25	21:25	6:35	11	7:09	96	7:53	42.25	4:08:56	5:53	13	1:13:11	93	2:42:43	