



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Hofmann, Friedhelm

□□: DLR Simmern

□□: 88

□□: 42.25 km

Marathon

□□□□:

Männer M45

□□□: 4:10:28

□□: 10.06 km/h

□□□□: 5:56 min/km

□□□□□/□□□: 94 (of 164)

□□□□□/□: 88 (of 136)

□□□□□□: 2:51:03

□□□□□: 20(of 29)

□□□□□□□: 3:07:22

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:54	5:30	21	4:14	93	5:14	3.25	17:54	5:30	10	1:10	94	
□□ 2	3.25	17:48	5:28	21	3:49	94	5:04	6.50	35:42	5:29	10	2:14	94	
□□ 3	3.25	17:40	5:26	20	3:24	87	4:53	9.75	53:22	5:28	10	2:52	94	
□□ 4	3.25	17:52	5:29	20	3:25	87	4:56	13.00	1:11:14	5:28	10	3:41	93	14:49
□□ 5	3.25	17:42	5:26	18	3:19	83	4:52	16.25	1:28:56	5:28	10	4:12	93	18:05
□□ 6	3.25	17:57	5:31	18	3:37	85	4:49	19.50	1:46:53	5:28	10	4:48	93	20:46
□□ 7	3.25	18:26	5:40	21	4:06	90	5:31	22.75	2:05:19	5:30	10	6:14	91	16:14
□□ 8	3.25	19:26	5:58	23	5:06	96	6:14	26.00	2:24:45	5:34	10	7:13	91	18:39
□□ 9	3.25	19:46	6:04	19	5:21	89	6:22	29.25	2:44:31	5:37	10	10:27	90	18:31
□□ 10	3.25	20:20	6:15	20	5:55	89	6:45	32.50	3:04:51	5:41	10	9:23	89	54:10
□□ 11	3.25	21:16	6:32	21	6:36	91	8:07	35.75	3:26:07	5:45	10	8:59	88	1:02:17
□□ 12	3.25	22:37	6:57	25	7:37	103	8:56	39.00	3:48:44	5:51	10	10:39	88	1:11:13
□□□ □□	3.25	21:44	6:41	21	6:40	100	8:12	42.25	4:10:28	5:55	21	1:45:31	94	2:44:15