



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Steiner, Frank

00: Sankt Gangloff

00: 120

00: 42.25 km

Marathon

0000:

Männer M45

000: 4:12:19

00: 10.05 km/h

0000: 5:58 min/km

00000/000: 102 (of 164)

00000/0: 93 (of 136)

000000: 2:51:03

00000: 22(of 29)

0000000: 3:07:22

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
00 1	3.25	18:09	5:35	23	4:29	99	5:29	3.25	18:09	5:35	8	1:25	99	
00 2	3.25	17:51	5:29	22	3:52	95	5:07	6.50	36:00	5:32	8	2:32	99	
00 3	3.25	17:59	5:31	21	3:43	93	5:12	9.75	53:59	5:32	8	3:29	99	
00 4	3.25	17:52	5:29	20	3:25	87	4:56	13.00	1:11:51	5:31	8	4:18	98	15:26
00 5	3.25	18:02	5:32	20	3:39	88	5:12	16.25	1:29:53	5:31	8	5:09	98	19:02
00 6	3.25	18:45	5:46	23	4:25	99	5:37	19.50	1:48:38	5:34	8	6:33	98	22:31
00 7	3.25	18:55	5:49	22	4:35	97	6:00	22.75	2:07:33	5:36	8	8:28	96	18:28
00 8	3.25	19:09	5:53	22	4:49	90	5:57	26.00	2:26:42	5:38	8	9:10	96	20:36
00 9	3.25	19:46	6:04	19	5:21	89	6:22	29.25	2:46:28	5:41	8	12:24	95	20:28
00 10	3.25	20:19	6:15	19	5:54	88	6:44	32.50	3:06:47	5:44	8	11:19	94	56:06
00 11	3.25	21:31	6:37	23	6:51	94	8:22	35.75	3:28:18	5:49	8	11:10	93	1:04:28
00 12	3.25	21:45	6:41	23	6:45	94	8:04	39.00	3:50:03	5:53	8	11:58	93	1:12:32
000 00	3.25	22:16	6:51	24	7:12	107	8:44	42.25	4:12:19	5:58	23	1:47:22	99	2:46:06