



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Unger, Thomas

00: Lauftreff Arnstadt

00: 63

00: 42.25 km

Marathon

0000:

Männer M40

000: 4:19:49

00: 9.70 km/h

0000: 6:09 min/km

00000/0000: 116 (of 164)

00000/0: 103 (of 136)

000000: 2:51:03

00000: 20(of 24)

0000000: 2:51:03

0000

0000

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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	16:52	5:11	15	3:59	74	4:12	3.25	16:52	5:11	5	1:27	109	
00 2	3.25	17:17	5:19	13	4:24	83	4:33	6.50	34:09	5:15	5	2:41	109	
00 3	3.25	17:33	5:24	13	4:46	81	4:46	9.75	51:42	5:18	5	3:58	109	
00 4	3.25	17:59	5:31	15	5:01	90	5:03	13.00	1:09:41	5:21	5	5:19	108	13:16
00 5	3.25	18:16	5:37	16	5:26	90	5:26	16.25	1:27:57	5:24	5	6:50	108	17:06
00 6	3.25	18:42	5:45	18	5:34	97	5:34	19.50	1:46:39	5:28	5	8:26	108	20:32
00 7	3.25	19:29	5:59	20	6:33	103	6:34	22.75	2:06:08	5:32	5	10:24	106	17:03
00 8	3.25	20:05	6:10	19	6:53	101	6:53	26.00	2:26:13	5:37	5	11:53	85	20:07
00 9	3.25	20:51	6:24	21	7:26	100	7:27	29.25	2:47:04	5:42	5	14:26	105	21:04
00 10	3.25	22:26	6:54	21	8:51	109	8:51	32.50	3:09:30	5:49	5	15:52	104	58:49
00 11	3.25	22:51	7:01	21	9:42	106	9:42	35.75	3:32:21	5:56	5	18:20	103	1:08:31
00 12	3.25	24:17	7:28	22	10:36	118	10:36	39.00	3:56:38	6:04	5	23:15	103	1:19:07
000 00	3.25	23:11	7:08	22	9:39	119	9:39	42.25	4:19:49	6:08	21	2:07:20	109	2:53:36