



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

0000

Dilling, Daniela

00: Lg Nord Berlin

00: 93

00: 42.25 km

Marathon

0000:

Frauen W45

000: 4:25:26

00: 9.49 km/h

0000: 6:17 min/km

00000/000: 64 (of 86)

00000/0: 8 (of 12)

000000: 3:24:35

00000: 3(of 3)

0000000: 3:49:42

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	17:15	5:18	2	1:13	6	2:32	3.25	17:15	5:18	3	1:13	8	2:32
00 2	3.25	18:54	5:48	3	1:48	9	4:01	6.50	36:09	5:33	3	3:01	8	6:33
00 3	3.25	19:20	5:56	3	1:59	9	4:13	9.75	55:29	5:41	3	5:00	8	10:46
00 4	3.25	19:42	6:03	3	2:57	9	4:25	13.00	1:15:11	5:46	2	2:40	6	5:20
00 5	3.25	19:46	6:04	3	2:59	8	4:28	16.25	1:34:57	5:50	3	10:56	8	19:39
00 6	3.25	20:01	6:09	3	2:36	9	4:46	19.50	1:54:58	5:53	3	13:32	8	24:25
00 7	3.25	20:26	6:17	3	3:25	9	4:31	22.75	2:15:24	5:57	3	16:57	8	28:56
00 8	3.25	20:42	6:22	3	2:53	9	4:57	26.00	2:36:06	6:00	3	19:50	7	19:50
00 9	3.25	21:22	6:34	3	3:37	8	5:24	29.25	2:57:28	6:04	3	23:27	8	39:17
00 10	3.25	22:09	6:48	3	4:07	7	5:45	32.50	3:19:37	6:08	3	27:34	7	45:02
00 11	3.25	22:01	6:46	3	3:34	8	5:18	35.75	3:41:38	6:11	3	31:08	8	50:20
00 12	3.25	21:27	6:35	3	2:14	7	4:38	39.00	4:03:05	6:13	3	33:22	11	33:22
000 00	3.25	22:21	6:52	3	2:22	8	5:53	42.25	4:25:26	6:16	3	35:44	8	1:00:51