



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

□□□□

PARAKENINGS, Ilse

□□: Schwaig

□□: 155

□□: 42.25 km

Marathon

□□□□:

Frauen W50

□□□: 5:04:30

□□: 8.28 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 130 (of 143)

□□□□□/□: 11 (of 14)

□□□□□□: 3:25:50

□□□□□: 2(of 2)

□□□□□□□: 4:04:24

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:59	6:08	2	4:53	11	5:11	3.25	19:59	6:08	2	4:53	12		
□□ 2	3.25	21:11	6:31	2	5:26	12	6:21	6.50	41:10	6:19	2	10:19	11	11:32	
□□ 3	3.25	21:30	6:36	2	5:23	12	6:32	9.75	1:02:40	6:25	2	15:42	11	18:04	
□□ 4	3.25	21:52	6:43	2	4:54	12	6:36	13.00	1:24:32	6:30	2	20:36	9	24:40	
□□ 5	3.25	22:13	6:50	2	4:46	12	6:51	16.25	1:46:45	6:34	2	25:22	11	31:31	
□□ 6	3.25	22:49	7:01	2	4:02	11	7:22	19.50	2:09:34	6:38	2	29:24	11	38:53	
□□ 7	3.25	23:25	7:12	2	4:49	11	7:30	22.75	2:32:59	6:43	2	34:13	11	46:23	
□□ 8	3.25	26:44	8:13	2	7:54	13	10:32	26.00	2:59:43	6:54	2	42:07	11	56:55	
□□ 9	3.25	25:05	7:43	2	5:26	12	8:42	29.25	3:24:48	7:00	2	47:33	11	1:05:37	
□□ 10	3.25	24:45	7:36	2	4:03	10	8:14	32.50	3:49:33	7:03	2	51:36	11	1:13:51	
□□ 11	3.25	24:53	7:39	2	2:46	10	7:50	35.75	4:14:26	7:07	2	54:22	11	1:21:41	
□□ 12	3.25	25:10	7:44	2	3:15	10	8:26	39.00	4:39:36	7:10	2	57:37	11	1:30:07	
□□□ □□	3.25	24:54	7:39	2	2:29	11	8:33	42.25	5:04:30	7:12	2	1:00:06	12	4:16:26	