



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Koch, Heike

00: TSSC-Erfurt

00: 184

00: 42.25 km

Marathon

0000:

Frauen W40

000: 4:10:54

00: 10.04 km/h

0000: 5:56 min/km

00000/0000: 95 (of 164)

00000/0: 7 (of 28)

000000: 3:30:47

00000: 2(of 5)

0000000: 4:02:26

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	15:59	4:55	2	0:19	5	1:06	3.25	15:59	4:55	2	-	22	
00 2	3.25	16:59	5:13	3	0:42	6	1:43	6.50	32:58	5:04	2	-	22	
00 3	3.25	17:14	5:18	3	0:36	6	1:46	9.75	50:12	5:08	1	-	22	
00 4	3.25	18:06	5:34	3	1:01	7	2:27	13.00	1:08:18	5:15	2	1:01	22	
00 5	3.25	17:24	5:21	2	0:10	6	1:15	16.25	1:25:42	5:16	2	0:54	22	
00 6	3.25	18:26	5:40	2	0:35	7	2:15	19.50	1:44:08	5:20	2	1:29	22	
00 7	3.25	19:35	6:01	3	1:07	10	3:23	22.75	2:03:43	5:26	2	2:36	22	
00 8	3.25	20:36	6:20	4	1:33	14	4:01	26.00	2:24:19	5:33	2	4:09	22	
00 9	3.25	22:36	6:57	4	2:50	21	6:28	29.25	2:46:55	5:42	2	6:59	22	
00 10	3.25	20:25	6:16	3	0:03	10	4:00	32.50	3:07:20	5:45	2	7:01	22	
00 11	3.25	20:32	6:19	1	-	7	4:24	35.75	3:27:52	5:48	2	6:47	22	
00 12	3.25	20:59	6:27	2	0:02	9	4:45	39.00	3:48:51	5:52	2	6:49	22	
000 00	3.25	22:03	6:47	3	2:21	17	6:53	42.25	4:10:54	5:56	2	8:28	8	40:07