



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Siebe, Birte

00: Lübbecker Berglöwen

00: 177

00: 42.25 km

Marathon

0000:

Frauen W35

000: 4:38:56

00: 9.03 km/h

0000: 6:36 min/km

00000/000: 134 (of 164)

00000/0: 20 (of 28)

000000: 3:30:47

00000: 2(of 3)

0000000: 3:59:03

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	18:56	5:49	2	0:58	18	4:03	3.25	18:56	5:49	3	0:58	9	
00 2	3.25	19:31	6:00	2	1:49	21	4:15	6.50	38:27	5:54	3	2:47	3	
00 3	3.25	20:00	6:09	2	2:35	21	4:32	9.75	58:27	5:59	3	5:22	3	0:40
00 4	3.25	20:48	6:24	2	3:24	21	5:09	13.00	1:19:15	6:05	3	8:46	3	1:54
00 5	3.25	20:15	6:13	2	2:56	19	4:06	16.25	1:39:30	6:07	3	11:42	9	2:18
00 6	3.25	20:39	6:21	2	3:06	19	4:28	19.50	2:00:09	6:09	3	14:48	9	2:21
00 7	3.25	20:51	6:24	2	2:46	17	4:39	22.75	2:21:00	6:11	3	17:34	9	2:30
00 8	3.25	22:55	7:03	2	4:13	22	6:20	26.00	2:43:55	6:18	3	21:47	9	4:49
00 9	3.25	22:30	6:55	2	3:07	20	6:22	29.25	3:06:25	6:22	3	24:54	9	6:46
00 10	3.25	22:26	6:54	2	2:23	20	6:01	32.50	3:28:51	6:25	2	27:17	9	7:57
00 11	3.25	22:47	7:00	2	4:02	18	6:39	35.75	3:51:38	6:28	2	31:19	9	9:41
00 12	3.25	23:31	7:14	2	3:04	20	7:17	39.00	4:15:09	6:32	2	34:23	9	12:25
000 00	3.25	23:47	7:19	2	5:30	23	8:37	42.25	4:38:56	6:36	3	39:53	21	1:08:09