



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

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Frühauf, Sylvia

□□: MCV 2010

□□: 96

□□: 42.25 km

Marathon

□□□□:

Frauen W45

□□□: 4:40:27

□□: 8.99 km/h

□□□□: 6:38 min/km

□□□□□/□□□□: 135 (of 164)

□□□□□/□: 21 (of 28)

□□□□□□: 3:30:47

□□□□□: 9(of 10)

□□□□□□□: 3:30:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:05	6:10	10	5:12	24	5:12	3.25	20:05	6:10	9	4:23	8	0:46	
□□ 2	3.25	21:08	6:30	10	5:52	26	5:52	6.50	41:13	6:20	9	9:43	8	2:42	
□□ 3	3.25	21:21	6:34	10	5:53	25	5:53	9.75	1:02:34	6:25	9	14:55	8	4:47	
□□ 4	3.25	21:57	6:45	10	6:18	26	6:18	13.00	1:24:31	6:30	9	20:30	8	7:10	
□□ 5	3.25	21:29	6:36	10	5:20	23	5:20	16.25	1:46:00	6:31	9	25:29	8	8:48	
□□ 6	3.25	21:22	6:34	9	5:11	21	5:11	19.50	2:07:22	6:31	9	29:59	8	9:34	
□□ 7	3.25	20:59	6:27	9	4:47	20	4:47	22.75	2:28:21	6:31	9	34:14	8	9:51	
□□ 8	3.25	22:46	7:00	9	6:11	21	6:11	26.00	2:51:07	6:34	9	40:25	8	12:01	
□□ 9	3.25	21:26	6:35	7	5:18	14	5:18	29.25	3:12:33	6:34	9	45:43	8	12:54	
□□ 10	3.25	21:54	6:44	6	5:29	14	5:29	32.50	3:34:27	6:35	9	51:12	8	13:33	
□□ 11	3.25	21:47	6:42	6	5:39	14	5:39	35.75	3:56:14	6:36	9	56:51	8	14:17	
□□ 12	3.25	23:05	7:06	9	6:51	19	6:51	39.00	4:19:19	6:38	9	1:03:42	8	16:35	
□□□ □□	3.25	21:08	6:30	6	5:58	12	5:58	42.25	4:40:27	6:38	9	1:09:40	22	1:09:40	