



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

□□□□

Jäger, Ruth

□□: TGMSV Jügesheim

□□: 210

□□: 42.25 km

Marathon

□□□□:

Frauen W60

□□□: 4:47:03

□□: 8.78 km/h

□□□□: 6:47 min/km

□□□□□/□□□□: 140 (of 164)

□□□□□/□: 22 (of 28)

□□□□□□: 3:30:47

□□□□□: 2 (of 2)

□□□□□□□: 4:31:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:31	6:18	2	1:13	26	5:38	3.25	20:31	6:18	2	1:13	7	1:12	
□□ 2	3.25	20:31	6:18	2	1:10	24	5:15	6.50	41:02	6:18	2	2:23	7	2:31	
□□ 3	3.25	20:42	6:22	2	0:56	23	5:14	9.75	1:01:44	6:19	2	3:19	7	3:57	
□□ 4	3.25	22:03	6:47	2	2:02	27	6:24	13.00	1:23:47	6:26	2	5:21	7	6:26	
□□ 5	3.25	21:48	6:42	2	1:45	25	5:39	16.25	1:45:35	6:29	2	7:06	7	8:23	
□□ 6	3.25	21:59	6:45	2	1:40	24	5:48	19.50	2:07:34	6:32	2	8:46	7	9:46	
□□ 7	3.25	22:08	6:48	2	1:08	23	5:56	22.75	2:29:42	6:34	2	9:54	7	11:12	
□□ 8	3.25	22:09	6:48	2	1:16	20	5:34	26.00	2:51:51	6:36	2	11:10	7	12:45	
□□ 9	3.25	22:56	7:03	2	1:09	22	6:48	29.25	3:14:47	6:39	2	12:19	7	15:08	
□□ 10	3.25	24:10	7:26	2	1:51	24	7:45	32.50	3:38:57	6:44	2	14:10	7	18:03	
□□ 11	3.25	22:55	7:03	2	0:04	20	6:47	35.75	4:01:52	6:45	2	14:14	7	19:55	
□□ 12	3.25	22:35	6:56	2	0:26	17	6:21	39.00	4:24:27	6:46	2	14:40	7	21:43	
□□□ □□	3.25	22:36	6:57	2	0:30	19	7:26	42.25	4:47:03	6:47	2	15:10	23	1:16:16	