



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Riehs, Angela

00: LG Thalheim

00: 558

00: 42.25 km

Marathon

0000:

Seniorinnen W45 (45-49 Jahre)

000: 4:28:57

00: 9.37 km/h

0000: 6:22 min/km

00000/000: 111 (of 148)

00000/0: 9 (of 18)

000000: 3:43:33

00000: 4(of 8)

0000000: 4:06:44

0000

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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	17:51	5:29	3	1:39	5	1:39	3.25	17:51	5:29	5	-	1	-
00 2	3.25	18:18	5:37	3	1:38	6	1:46	6.50	36:09	5:33	5	-	1	-
00 3	3.25	18:44	5:45	3	1:56	6	1:59	9.75	54:53	5:37	5	-	1	-
00 4	3.25	19:19	5:56	3	2:13	7	2:37	13.00	1:14:12	5:42	5	-	1	-
00 5	3.25	19:35	6:01	3	2:13	6	3:02	16.25	1:33:47	5:46	5	-	1	-
00 6	3.25	19:48	6:05	4	2:06	8	2:52	19.50	1:53:35	5:49	5	-	1	-
00 7	3.25	20:21	6:15	4	1:30	10	2:07	22.75	2:13:56	5:53	5	-	1	-
00 8	3.25	21:05	6:29	4	0:46	10	3:58	26.00	2:35:01	5:57	5	-	1	-
00 9	3.25	21:39	6:39	4	1:03	9	4:11	29.25	2:56:40	6:02	5	-	1	-
00 10	3.25	22:08	6:48	4	0:56	10	4:01	32.50	3:18:48	6:07	4	15:18	1	-
00 11	3.25	23:12	7:08	4	2:02	11	5:30	35.75	3:42:00	6:12	4	16:51	1	-
00 12	3.25	23:28	7:13	4	2:29	10	5:35	39.00	4:05:28	6:17	4	18:47	1	-
000 00	3.25	23:29	7:13	5	3:26	11	6:19	42.25	4:28:57	6:21	5	46:54	10	46:54