



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

0000

Abel, Angelika

00: TV Stammheim

00: 632

00: 42.25 km

Marathon

0000:

Seniorinnen W55 (55-59 Jahre)

000: 4:57:22

00: 8.47 km/h

0000: 7:02 min/km

00000/0000: 136 (of 148)

00000/0: 15 (of 18)

000000: 3:43:33

00000: 1(of 1)

0000000: 4:57:22

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	20:58	6:27	1	-	16	4:46	3.25	20:58	6:27	1	-	4	3:07
00 2	3.25	21:02	6:28	1	-	17	4:30	6.50	42:00	6:27	1	-	4	5:51
00 3	3.25	21:28	6:36	1	-	15	4:43	9.75	1:03:28	6:30	1	-	4	8:35
00 4	3.25	21:33	6:37	1	-	15	4:51	13.00	1:25:01	6:32	1	-	4	10:49
00 5	3.25	22:08	6:48	1	-	16	5:35	16.25	1:47:09	6:35	1	-	4	13:22
00 6	3.25	22:11	6:49	1	-	15	5:15	19.50	2:09:20	6:37	1	-	4	15:45
00 7	3.25	22:21	6:52	1	-	15	4:07	22.75	2:31:41	6:40	1	-	4	17:45
00 8	3.25	23:04	7:05	1	-	14	5:57	26.00	2:54:45	6:43	1	-	4	19:44
00 9	3.25	23:45	7:18	1	-	15	6:17	29.25	3:18:30	6:47	1	-	4	21:50
00 10	3.25	26:00	8:00	1	-	17	7:53	32.50	3:44:30	6:54	1	-	4	25:42
00 11	3.25	24:34	7:33	1	-	13	6:52	35.75	4:09:04	6:58	1	-	4	27:04
00 12	3.25	24:45	7:36	1	-	13	6:52	39.00	4:33:49	7:01	1	-	4	28:21
000 00	3.25	23:33	7:14	1	-	13	6:23	42.25	4:57:22	7:02	1	-	16	1:15:19