



11. Deisterberglauf

Barsinghausen / 28.09.2014

0000

Krause, Mandy

00: Post SV Lehrte

00: 728

00: 20.80 km

Halbmarathon

0000:

Frauen (20-29 Jahre)

000: 1:44:15

00: 11.51 km/h

0000: 5:01 min/km

00000/000: 43 (of 93)

00000/0: 4 (of 12)

000000: 1:31:31

00000: 1(of 2)

0000000: 1:44:15

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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	3.30	16:45	5:04	1	-	4	2:17	3.30	16:45	5:04	1	-	3	2:17
00 2	1.70	10:04	5:55	1	-	4	1:40	5.00	26:49	5:21	1	-	4	3:57
00 3	2.10	8:35	4:05	1	-	3	0:36	7.10	35:24	4:59	1	-	4	4:33
00 4	4.95	28:44	5:48	1	-	4	4:35	12.05	1:04:08	5:19	1	-	4	8:37
00 5	3.65	18:19	5:01	1	-	4	2:15	15.70	1:22:27	5:15	1	-	4	10:52
00 6	1.40	6:29	4:37	1	-	4	0:46	17.10	1:28:56	5:12	1	-	4	11:32
000 00	3.70	15:19	4:08	1	-	3	1:28	20.80	1:44:15	5:00	1	-	4	12:44