



11. Deisterberglauf

Barsinghausen / 28.09.2014

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Emmermann, Petra

□□: Post SV Lehrte

□□: 710

□□: 20.80 km

Halbmarathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:00:39

□□: 10.34 km/h

□□□□: 5:48 min/km

□□□□□/□□□□: 72 (of 93)

□□□□□/□: 9 (of 12)

□□□□□□: 1:31:31

□□□□□: 1(of 3)

□□□□□□□: 2:00:39

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.30 | 20:05 | 6:05 | 1 | - | 9 | 5:37 | 3.30 | 20:05 | 6:05 | 1 | - | 9 | 5:37 | |
| □□ 2 | 1.70 | 11:39 | 6:51 | 1 | - | 9 | 3:15 | 5.00 | 31:44 | 6:20 | 1 | - | 9 | 8:52 | |
| □□ 3 | 2.10 | 11:11 | 5:19 | 2 | 1:26 | 11 | 3:12 | 7.10 | 42:55 | 6:02 | 1 | - | 9 | 12:04 | |
| □□ 4 | 4.95 | 32:32 | 6:34 | 1 | - | 9 | 8:23 | 12.05 | 1:15:27 | 6:15 | 1 | - | 9 | 19:56 | |
| □□ 5 | 3.65 | 21:07 | 5:47 | 1 | - | 9 | 5:03 | 15.70 | 1:36:34 | 6:09 | 1 | - | 9 | 24:59 | |
| □□ 6 | 1.40 | 7:12 | 5:08 | 1 | - | 8 | 1:29 | 17.10 | 1:43:46 | 6:04 | 1 | - | 9 | 26:22 | |
| □□□ □□ | 3.70 | 16:53 | 4:33 | 1 | - | 8 | 3:02 | 20.80 | 2:00:39 | 5:48 | 1 | - | 9 | 29:08 | |