



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Holtkamp, Ulrike

00: LV Bad Honnef

00: 1148

00: 9.75 km

10 km Lauf

0000:

Seniorinnen W45 (45-49 Jahre)

000: 56:20

00: 9.59 km/h

0000: 5:47 min/km

00000/000: 219 (of 326)

00000/0: 14 (of 80)

000000: 38:41

00000: 2(of 12)

0000000: 54:57

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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 | 17:46 | 5:28 | 1 | - | 25 | 5:29 | 3.25 | 17:46 | 5:28 | 1 | - | 25 | 5:29 |
| 00 2 | 3.25 | 19:11 | 5:54 | 3 | 0:28 | 27 | 5:59 | 6.50 | 36:57 | 5:41 | 1 | - | 23 | 11:28 |
| 000 00 | 3.25 | 19:23 | 5:57 | 3 | 1:50 | 31 | 6:11 | 9.75 | 56:20 | 5:46 | 3 | 1:23 | 27 | 17:39 |