



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

0000

Bienicke, Beate

000: 4:35:43

00: Giessen

00: 9.14 km/h

00: 172

0000: 6:32 min/km

00: 42.25 km

00000/000: 207 (of 250)

Marathon

00000/0: 12 (of 38)

000000: 3:35:32

0000:

00000: 3(of 10)

Seniorinnen W45 (45-49 Jahre)

0000000: 3:58:36

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	18:42	5:45	5	0:53	23	3:09	3.25	18:42	5:45	5	0:53	23	3:09
00 2	3.25	19:25	5:58	7	1:29	25	4:19	6.50	38:07	5:51	7	2:22	25	7:28
00 3	3.25	19:14	5:55	5	1:20	21	4:13	9.75	57:21	5:52	7	3:12	25	11:41
00 4	3.25	19:48	6:05	5	2:09	23	4:28	13.00	1:17:09	5:56	7	4:31	25	16:09
00 5	3.25	20:25	6:16	5	3:16	23	4:20	16.25	1:37:34	6:00	7	7:17	25	20:29
00 6	3.25	20:53	6:25	5	3:26	25	4:23	19.50	1:58:27	6:04	5	10:43	23	24:52
00 7	3.25	21:34	6:38	5	3:47	27	5:51	22.75	2:20:01	6:09	5	14:30	25	30:43
00 8	3.25	21:37	6:39	7	3:47	27	5:04	26.00	2:41:38	6:13	5	18:17	25	35:47
00 9	3.25	22:07	6:48	7	3:56	25	4:35	29.25	3:03:45	6:16	5	22:13	23	40:22
00 10	3.25	23:05	7:06	7	4:11	27	5:26	32.50	3:26:50	6:21	5	26:24	23	45:48
00 11	3.25	23:28	7:13	7	4:14	27	5:39	35.75	3:50:18	6:26	5	30:38	23	50:41
00 12	3.25	22:38	6:57	7	3:41	19	5:00	39.00	4:12:56	6:29	7	33:33	25	54:01
000 00	3.25	22:47	7:00	5	4:22	27	6:10	42.25	4:35:43	6:31	5	37:07	23	1:00:11