



# 10. Kristall-Marathon

Merkers / 14.02.2016

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Wahrenberg, Sabine

00: Lauffreunde Dittmar Schmalkalden

00: 439

00: 22.75 km

Halbmarathon

0000:

Seniorinnen W50 (50-54 Jahre)

000: 2:13:11

00: 10.25 km/h

0000: 5:51 min/km

00000/000: 97 (of 159)

00000/0: 20 (of 37)

000000: 1:42:13

00000: 2(of 4)

0000000: 1:50:49

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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	18:35	5:43	2	3:40	23	5:18	3.25	18:35	5:43	2	3:40	23	5:18
00 2	3.25	18:45	5:46	2	3:22	24	4:41	6.50	37:20	5:44	2	7:02	23	9:59
00 3	3.25	19:00	5:50	2	3:28	21	4:35	9.75	56:20	5:46	2	10:30	24	14:34
00 4	3.25	19:04	5:51	2	2:58	21	4:17	13.00	1:15:24	5:48	2	13:28	21	18:51
00 5	3.25	18:58	5:50	2	2:45	18	4:01	16.25	1:34:22	5:48	2	16:13	21	22:52
00 6	3.25	19:28	5:59	2	3:03	18	4:09	19.50	1:53:50	5:50	2	19:16	21	27:01
000 00	3.25	19:21	5:57	2	3:06	17	4:19	22.75	2:13:11	5:51	2	22:22	20	30:58