



10. Kristall-Marathon

Merkers / 14.02.2016

0000

Zachow, Doris

00: Lippehasen Dorsten

00: 656

00: 42.25 km

Marathon

0000:

Seniorinnen W45 (45-49 Jahre)

000: 4:32:17

00: 9.26 km/h

0000: 6:26 min/km

00000/0000: 94 (of 119)

00000/0: 8 (of 12)

000000: 3:46:38

00000: 2(of 2)

0000000: 4:03:34

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	20:19	6:15	2	2:41	10	5:15	3.25	20:19	6:15	2	2:41	10	5:15
00 2	3.25	20:38	6:20	2	3:46	11	4:35	6.50	40:57	6:18	2	6:27	12	9:50
00 3	3.25	20:42	6:22	2	3:33	12	4:15	9.75	1:01:39	6:19	2	10:00	12	14:05
00 4	3.25	21:34	6:38	2	4:06	10	4:58	13.00	1:23:13	6:24	2	14:06	12	18:59
00 5	3.25	20:53	6:25	2	3:34	8	4:05	16.25	1:44:06	6:24	2	17:40	9	22:59
00 6	3.25	20:59	6:27	2	3:12	8	3:47	19.50	2:05:05	6:24	2	20:52	9	26:46
00 7	3.25	21:18	6:33	2	2:53	8	3:51	22.75	2:26:23	6:26	2	23:45	8	30:26
00 8	3.25	20:56	6:26	2	2:03	8	3:23	26.00	2:47:19	6:26	2	25:48	8	33:16
00 9	3.25	20:46	6:23	2	1:27	7	2:59	29.25	3:08:05	6:25	2	27:15	8	35:50
00 10	3.25	21:28	6:36	2	2:04	7	3:01	32.50	3:29:33	6:26	2	29:19	8	38:51
00 11	3.25	20:48	6:24	2	0:13	7	1:54	35.75	3:50:21	6:26	2	29:32	8	40:32
00 12	3.25	21:19	6:33	2	0:11	7	2:14	39.00	4:11:40	6:27	2	29:43	8	42:46
000 00	3.25	20:37	6:20	1	-	5	2:53	42.25	4:32:17	6:26	2	28:43	8	45:39