



11. Kristall-Marathon

Merkers / 12.02.2017

0000

KUNLE, Heike

00: CRAZY RUNNERS TEAM FRANKENWALD

00: 74

00: 22.75 km

Halbmarathon

0000:

Seniorinnen W45 (45-49 Jahre)

000: 2:28:35

00: 8.88 km/h

0000: 6:32 min/km

00000/000: 115 (of 149)

00000/0: 21 (of 35)

000000: 1:49:12

00000: 8(of 10)

0000000: 1:58:21

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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	18:58	5:50	8	3:04	19	4:31	3.25	18:58	5:50	8	3:04	19	4:31
00 2	3.25	20:13	6:13	8	3:39	19	5:25	6.50	39:11	6:01	8	6:43	19	9:56
00 3	3.25	20:35	6:19	7	3:27	19	5:18	9.75	59:46	6:07	8	10:10	19	15:14
00 4	3.25	22:15	6:50	9	5:19	26	6:35	13.00	1:22:01	6:18	8	15:29	20	21:49
00 5	3.25	21:41	6:40	7	4:20	20	5:36	16.25	1:43:42	6:22	8	19:49	21	27:25
00 6	3.25	22:07	6:48	8	4:39	19	6:17	19.50	2:05:49	6:27	8	24:28	20	33:19
000 00	3.25	22:46	7:00	7	5:46	21	6:49	22.75	2:28:35	6:31	8	30:14	21	39:23