



# 11. Kristall-Marathon

Merkers / 12.02.2017

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**HEIDECKER, Sabine**

00: DJK Teutonia Gaustadt

00: 450

00: 9.75 km

10 km Lauf

0000:

Seniorinnen W50 (50-54 Jahre)

000: 55:31

00: 9.73 km/h

0000: 5:41 min/km

00000/000: 60 (of 166)

00000/0: 15 (of 72)

000000: 42:41

00000: 4(of 11)

0000000: 49:00

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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 | 17:47 | 5:28   | 4  | 1:30 | 14 | 4:10 | 3.25 | 17:47 | 5:28   | 4  | 1:30 | 14 | 4:10  |
| 00 2   | 3.25 | 18:54 | 5:48   | 4  | 2:20 | 16 | 4:24 | 6.50 | 36:41 | 5:38   | 4  | 3:50 | 15 | 8:34  |
| 000 00 | 3.25 | 18:50 | 5:47   | 4  | 2:41 | 15 | 4:16 | 9.75 | 55:31 | 5:41   | 4  | 6:31 | 15 | 12:50 |