



11. Kristall-Marathon

Merkers / 12.02.2017

0000

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