



12. Kristall-Marathon

Merkers / 18.02.2018

0000

NÜBEL, Anja

00: Lauftreff Wunstorf

00: 465

00: 22.75 km

Halbmarathon

0000:

Seniorinnen W50 (50-54 Jahre)

000: 2:25:05

00: 9.41 km/h

0000: 6:23 min/km

00000/000: 186 (of 261)

00000/0: 22 (of 46)

000000: 1:46:29

00000: 5(of 7)

0000000: 1:53:10

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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	20:52	6:25	6	6:03	33	7:41	3.25	20:52	6:25	6	6:03	33	7:41
00 2	3.25	20:16	6:14	5	4:54	24	6:04	6.50	41:08	6:19	5	10:57	27	13:45
00 3	3.25	20:26	6:17	5	4:36	23	5:33	9.75	1:01:34	6:18	5	15:33	26	19:18
00 4	3.25	20:34	6:19	5	4:16	21	5:18	13.00	1:22:08	6:19	5	19:49	23	24:36
00 5	3.25	20:49	6:24	5	3:59	20	5:04	16.25	1:42:57	6:20	5	23:48	23	29:32
00 6	3.25	21:03	6:28	5	4:01	21	4:56	19.50	2:04:00	6:21	5	27:49	22	33:56
000 00	3.25	21:05	6:29	6	4:06	20	5:30	22.75	2:25:05	6:22	5	31:55	22	38:36