



12. Kristall-Marathon

Merkers / 18.02.2018

0000

ARNDT, Kirsti

00: -

00: 6

00: 9.75 km

10 km Lauf

0000:

Seniorinnen W45 (45-49 Jahre)

000: 49:09

00: 10.99 km/h

0000: 5:02 min/km

00000/000: 59 (of 215)

00000/0: 6 (of 81)

000000: 41:42

00000: 2(of 12)

0000000: 41:42

0000

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	15:34	4:47	2	2:10	6	2:10	3.25	15:34	4:47	2	2:10	6	2:10
00 2	3.25	16:56	5:12	2	3:01	10	3:01	6.50	32:30	5:00	2	5:11	6	5:11
000 00	3.25	16:39	5:07	2	2:16	6	2:16	9.75	49:09	5:02	2	7:27	7	29:56