



12. Kristall-Marathon

Merkers / 18.02.2018

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BEIDL, Sonja

□□: SSC Hanau-Rodenbach

□□: 609

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 4:47:16

□□: 8.77 km/h

□□□□: 6:48 min/km

□□□□□/□□□: 135 (of 168)

□□□□□/□: 17 (of 24)

□□□□□□: 3:38:45

□□□□□: 4(of 6)

□□□□□□□: 4:11:42

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:54	6:07	5	2:43	17	5:02	3.25	19:54	6:07	5	2:43	17	5:02	
□□ 2	3.25	20:50	6:24	6	3:01	19	5:27	6.50	40:44	6:15	5	5:38	18	10:29	
□□ 3	3.25	20:19	6:15	5	2:34	16	4:45	9.75	1:01:03	6:15	5	8:10	16	15:14	
□□ 4	3.25	20:59	6:27	5	2:47	18	4:59	13.00	1:22:02	6:18	5	10:46	17	20:13	
□□ 5	3.25	20:32	6:19	3	1:57	13	4:36	16.25	1:42:34	6:18	5	12:43	16	24:18	
□□ 6	3.25	21:01	6:28	3	2:02	14	4:23	19.50	2:03:35	6:20	5	14:45	17	28:25	
□□ 7	3.25	22:03	6:47	4	2:41	17	5:29	22.75	2:25:38	6:24	4	17:26	16	33:54	
□□ 8	3.25	22:33	6:56	3	2:47	16	5:53	26.00	2:48:11	6:28	4	20:13	16	39:47	
□□ 9	3.25	22:33	6:56	4	2:15	15	5:52	29.25	3:10:44	6:31	4	22:28	16	45:07	
□□ 10	3.25	24:19	7:28	4	3:22	18	7:42	32.50	3:35:03	6:37	4	25:50	16	51:23	
□□ 11	3.25	22:54	7:02	2	1:58	14	5:27	35.75	3:57:57	6:39	4	27:48	15	55:01	
□□ 12	3.25	24:45	7:36	5	3:42	18	6:30	39.00	4:22:42	6:44	4	31:30	16	1:00:59	
□□□ □□	3.25	24:34	7:33	5	4:04	19	7:32	42.25	4:47:16	6:47	4	35:34	17	1:08:31	