



12. Kristall-Marathon

Merkers / 18.02.2018

0000

KONRADT, Marion

00: -

00: 701

00: 42.25 km

Marathon

0000:

Seniorinnen W55 (55-59 Jahre)

000: 5:03:48

00: 8.29 km/h

0000: 7:11 min/km

00000/0000: 154 (of 168)

00000/0: 22 (of 24)

000000: 3:38:45

00000: 3(of 3)

0000000: 4:10:10

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	20:12	6:12	3	2:38	20	5:20	3.25	20:12	6:12	3	2:38	20	5:20
00 2	3.25	21:47	6:42	3	3:35	24	6:24	6.50	41:59	6:27	3	6:12	24	11:44
00 3	3.25	21:26	6:35	3	2:22	21	5:52	9.75	1:03:25	6:30	3	8:34	23	17:36
00 4	3.25	21:16	6:32	3	3:00	21	5:16	13.00	1:24:41	6:30	3	11:34	22	22:52
00 5	3.25	21:35	6:38	3	2:07	20	5:39	16.25	1:46:16	6:32	3	13:41	22	28:00
00 6	3.25	22:30	6:55	3	2:19	22	5:52	19.50	2:08:46	6:36	3	16:00	22	33:36
00 7	3.25	23:32	7:14	3	4:44	22	6:58	22.75	2:32:18	6:41	3	20:44	23	40:34
00 8	3.25	24:12	7:26	3	5:42	22	7:32	26.00	2:56:30	6:47	3	26:26	23	48:06
00 9	3.25	25:32	7:51	3	5:44	21	8:51	29.25	3:22:02	6:54	3	32:10	23	56:25
00 10	3.25	24:33	7:33	2	5:22	19	7:56	32.50	3:46:35	6:58	3	37:32	22	1:02:55
00 11	3.25	25:17	7:46	3	2:53	21	7:50	35.75	4:11:52	7:02	3	40:24	22	1:08:56
00 12	3.25	25:06	7:43	3	5:03	19	6:51	39.00	4:36:58	7:06	3	45:27	22	1:15:15
000 00	3.25	26:50	8:15	3	8:11	22	9:48	42.25	5:03:48	7:11	3	53:38	22	1:25:03