

John, Ilka

 $\square\square$: Eschwege

[]: **117**

□□: 23.50 km

Halbmarathon Einzel

Frauen

□□□: 2:58:23

□□: 7.74 km/h

□□□□: 7:35 min/km

_____: 49 (of 51)

____/_: 19 (of 20)

[][][]: 1:51:53

□□□□: 19(of 20)

____: 1:51:53

	km		min/km	-	-			km		min/km	-	-		
Wechselstelle 2	11.00	1:23:38	7:36	19	27:31	19	27:31	11.00	1:23:38	7:36	19	27:31	19	27:31
Nordpark Erfurt	12.50	1:34:45	7:34	20	38:59	20	38:59	23.50	2:58:23	7:35	19	1:06:30	19	1:06:30