



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Heinze, Simone

00: München

00: 93

00: 9.75 km

10 km Lauf

0000:

Seniorinnen W40 (40-44 Jahre)

000: 56:59

00: 10.27 km/h

0000: 5:50 min/km

00000/000: 126 (of 246)

00000/0: 33 (of 98)

000000: 42:01

00000: 8(of 17)

0000000: 46:36

0000

0000

000

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	17:40	5:26	6	2:51	30	10:09	3.25	17:40	5:26	6	2:51	30	10:09
00 2	3.25	18:49	5:47	7	3:14	30	4:48	6.50	36:29	5:36	6	6:05	28	8:57
000 00	3.25	20:30	6:18	9	4:31	44	6:25	9.75	56:59	5:50	8	10:23	33	14:58