



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Heußmann, Ines

00: Gotha

00: 99

00: 9.75 km

10 km Lauf

0000:

Seniorinnen W55 (55-59 Jahre)

000: 1:11:05

00: 8.23 km/h

0000: 7:17 min/km

00000/000: 213 (of 246)

00000/0: 76 (of 98)

000000: 42:01

00000: 4(of 8)

0000000: 58:56

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	22:10	6:49	4	2:42	77	14:39	3.25	22:10	6:49	4	2:42	77	14:39
00 2	3.25	24:10	7:26	4	4:48	77	10:09	6.50	46:20	7:07	4	7:30	78	18:48
000 00	3.25	24:45	7:36	4	4:39	78	10:40	9.75	1:11:05	7:17	4	12:09	76	29:04