



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Ostendorf, Nicole

00: TSG Hatten-Sandkrug

00: 457

00: 22.75 km

Halbmarathon

0000:

Seniorinnen W40 (40-44 Jahre)

000: 2:29:00

00: 8.86 km/h

0000: 6:33 min/km

00000/000: 187 (of 244)

00000/0: 40 (of 65)

000000: 1:42:53

00000: 4(of 11)

0000000: 1:58:21

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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	20:40	6:21	6	4:30	42	6:48	3.25	20:40	6:21	6	4:30	42	6:48
00 2	3.25	19:28	5:59	2	2:45	32	4:49	6.50	40:08	6:10	5	7:15	40	11:37
00 3	3.25	21:25	6:35	7	4:35	48	6:42	9.75	1:01:33	6:18	5	11:50	44	18:16
00 4	3.25	20:53	6:25	2	3:53	38	6:00	13.00	1:22:26	6:20	4	15:43	42	24:16
00 5	3.25	22:07	6:48	4	4:55	42	7:03	16.25	1:44:33	6:26	4	20:38	41	31:19
00 6	3.25	21:41	6:40	3	4:16	36	6:33	19.50	2:06:14	6:28	3	24:54	40	37:52
000 00	3.25	22:46	7:00	5	5:45	42	8:15	22.75	2:29:00	6:32	4	30:39	40	46:07