



# 13. Kristall-Marathon

Merkers / 17.02.2019

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Rusche, Silvia

00: SuS Olfen

00: 784

00: 42.25 km

Marathon

0000:

Seniorinnen W55 (55-59 Jahre)

000: 4:07:48

00: 10.17 km/h

0000: 5:52 min/km

00000/000: 91 (of 193)

00000/0: 8 (of 32)

000000: 3:42:42

00000: 2(of 7)

0000000: 3:55:15

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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	17:34	5:24	1	-	7	3:11	3.25	17:34	5:24	1	-	7	3:11
00 2	3.25	17:56	5:31	1	-	9	2:06	6.50	35:30	5:27	1	-	7	5:17
00 3	3.25	18:15	5:36	1	-	12	2:12	9.75	53:45	5:30	1	-	7	7:29
00 4	3.25	18:28	5:40	3	0:23	12	2:02	13.00	1:12:13	5:33	1	-	9	9:10
00 5	3.25	19:50	6:06	3	1:44	17	3:15	16.25	1:32:03	5:39	2	0:28	11	11:08
00 6	3.25	18:49	5:47	2	1:15	8	1:59	19.50	1:50:52	5:41	2	1:43	10	12:40
00 7	3.25	19:04	5:51	2	1:08	7	2:09	22.75	2:09:56	5:42	2	2:51	9	14:49
00 8	3.25	19:15	5:55	2	1:24	8	1:57	26.00	2:29:11	5:44	2	4:15	9	16:46
00 9	3.25	19:30	6:00	2	1:29	9	1:48	29.25	2:48:41	5:46	2	5:44	9	18:34
00 10	3.25	19:32	6:00	2	1:25	10	1:31	32.50	3:08:13	5:47	2	7:09	9	20:05
00 11	3.25	19:58	6:08	2	2:15	9	2:15	35.75	3:28:11	5:49	2	9:24	9	21:52
00 12	3.25	19:44	6:04	2	1:11	8	2:06	39.00	3:47:55	5:50	2	10:35	8	23:15
000 00	3.25	19:53	6:07	3	1:58	12	2:38	42.25	4:07:48	5:51	2	12:33	8	25:06