



13. Kristall-Marathon

Merkers / 17.02.2019

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Martini, Iris

□□: Team Klinikum Nürnberg

□□: 733

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W35 (35-39 Jahre)

□□□: 4:15:35

□□: 9.92 km/h

□□□□: 6:03 min/km

□□□□□/□□□□: 105 (of 193)

□□□□□/□: 13 (of 32)

□□□□□□: 3:42:42

□□□□□: 4(of 6)

□□□□□□□: 3:42:42

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:19	5:56	5	3:18	17	4:56	3.25	19:19	5:56	5	3:18	17	4:56	
□□ 2	3.25	18:15	5:36	3	2:05	10	2:25	6.50	37:34	5:46	5	5:23	16	7:21	
□□ 3	3.25	18:13	5:36	4	2:03	11	2:10	9.75	55:47	5:43	4	7:26	14	9:31	
□□ 4	3.25	19:03	5:51	5	2:37	15	2:37	13.00	1:14:50	5:45	5	10:03	15	11:47	
□□ 5	3.25	18:54	5:48	4	2:19	9	2:19	16.25	1:33:44	5:46	5	12:22	15	12:49	
□□ 6	3.25	19:31	6:00	5	2:41	14	2:41	19.50	1:53:15	5:48	5	15:03	15	15:03	
□□ 7	3.25	19:34	6:01	4	2:39	14	2:39	22.75	2:12:49	5:50	5	17:42	14	17:42	
□□ 8	3.25	19:55	6:07	4	2:37	14	2:37	26.00	2:32:44	5:52	4	20:19	12	20:19	
□□ 9	3.25	20:07	6:11	4	2:25	11	2:25	29.25	2:52:51	5:54	4	22:44	12	22:44	
□□ 10	3.25	20:30	6:18	4	2:29	14	2:29	32.50	3:13:21	5:56	4	25:13	12	25:13	
□□ 11	3.25	20:56	6:26	4	2:47	14	3:13	35.75	3:34:17	5:59	4	27:58	12	27:58	
□□ 12	3.25	20:58	6:27	4	2:37	14	3:20	39.00	3:55:15	6:01	4	30:35	12	30:35	
□□□ □□	3.25	20:20	6:15	4	3:05	13	3:05	42.25	4:15:35	6:02	4	32:53	13	32:53	