



# 13. Kristall-Marathon

Merkers / 17.02.2019

0000

Ernst, Beate

00: Lauffeuer Fröttstädt

00: 638

00: 42.25 km

Marathon

0000:

Seniorinnen W55 (55-59 Jahre)

000: 4:25:40

00: 9.49 km/h

0000: 6:17 min/km

00000/000: 127 (of 193)

00000/0: 15 (of 32)

000000: 3:42:42

00000: 3(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	18:06	5:34	2	0:32	9	3:43	3.25	18:06	5:34	2	0:32	9	3:43
00 2	3.25	18:43	5:45	3	0:47	14	2:53	6.50	36:49	5:39	3	1:19	13	6:36
00 3	3.25	18:34	5:42	2	0:19	14	2:31	9.75	55:23	5:40	2	1:38	12	9:07
00 4	3.25	18:09	5:35	2	0:04	7	1:43	13.00	1:13:32	5:39	3	1:19	13	10:29
00 5	3.25	19:19	5:56	2	1:13	12	2:44	16.25	1:32:51	5:42	3	1:16	13	11:56
00 6	3.25	20:22	6:15	3	2:48	21	3:32	19.50	1:53:13	5:48	3	4:04	14	15:01
00 7	3.25	21:00	6:27	3	3:04	20	4:05	22.75	2:14:13	5:53	3	7:08	15	19:06
00 8	3.25	22:09	6:48	4	4:18	22	4:51	26.00	2:36:22	6:00	3	11:26	16	23:57
00 9	3.25	22:21	6:52	4	4:20	21	4:39	29.25	2:58:43	6:06	3	15:46	16	28:36
00 10	3.25	23:08	7:07	4	5:01	23	5:07	32.50	3:21:51	6:12	3	20:47	16	33:43
00 11	3.25	23:42	7:17	4	5:59	24	5:59	35.75	3:45:33	6:18	3	26:46	17	39:14
00 12	3.25	21:50	6:43	3	3:17	17	4:12	39.00	4:07:23	6:20	3	30:03	18	42:43
000 00	3.25	18:17	5:37	2	0:22	7	1:02	42.25	4:25:40	6:17	3	30:25	15	42:58