



13. Kristall-Marathon

Merkers / 17.02.2019

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Bochert, Marina

□□: düsseldorf

□□: 615

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 4:43:03

□□: 8.96 km/h

□□□□: 6:42 min/km

□□□□□/□□□: 158 (of 193)

□□□□□/□: 24 (of 32)

□□□□□□: 3:42:42

□□□□□: 2(of 3)

□□□□□□□: 3:51:11

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:56	6:26	3	5:07	27	6:33	3.25	20:56	6:26	3	5:07	27	6:33	
□□ 2	3.25	21:19	6:33	3	5:00	30	5:29	6.50	42:15	6:30	3	10:07	30	12:02	
□□ 3	3.25	20:33	6:19	3	4:00	24	4:30	9.75	1:02:48	6:26	3	14:07	28	16:32	
□□ 4	3.25	21:17	6:32	3	4:19	28	4:51	13.00	1:24:05	6:28	3	18:26	28	21:02	
□□ 5	3.25	21:09	6:30	3	3:59	24	4:34	16.25	1:45:14	6:28	3	22:25	26	24:19	
□□ 6	3.25	21:19	6:33	3	4:09	25	4:29	19.50	2:06:33	6:29	3	26:34	26	28:21	
□□ 7	3.25	21:41	6:40	3	4:20	24	4:46	22.75	2:28:14	6:30	3	30:54	26	33:07	
□□ 8	3.25	22:14	6:50	2	4:11	24	4:56	26.00	2:50:28	6:33	3	35:05	26	38:03	
□□ 9	3.25	21:55	6:44	2	2:51	19	4:13	29.25	3:12:23	6:34	3	37:56	26	42:16	
□□ 10	3.25	22:08	6:48	2	3:05	20	4:07	32.50	3:34:31	6:36	3	41:01	26	46:23	
□□ 11	3.25	22:35	6:56	2	4:02	20	4:52	35.75	3:57:06	6:37	3	45:03	26	50:47	
□□ 12	3.25	23:55	7:21	2	4:35	24	6:17	39.00	4:21:01	6:41	2	49:38	25	56:21	
□□□ □□	3.25	22:02	6:46	2	2:14	19	4:47	42.25	4:43:03	6:41	2	51:52	24	1:00:21	