



13. Kristall-Marathon

Merkers / 17.02.2019

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Richter, Alexandra

□□: Lauf Team Unna

□□: 774

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 4:48:38

□□: 8.73 km/h

□□□□: 6:50 min/km

□□□□□/□□□□: 165 (of 193)

□□□□□/□: 26 (of 32)

□□□□□□: 3:42:42

□□□□□: 4(of 4)

□□□□□□□: 4:08:06

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	23:24	7:11	4	4:58	32	9:01	3.25	23:24	7:11	4	4:58	32	9:01	
□□ 2	3.25	22:05	6:47	4	3:45	32	6:15	6.50	45:29	6:59	4	8:43	32	15:16	
□□ 3	3.25	21:57	6:45	4	3:57	30	5:54	9.75	1:07:26	6:54	4	12:40	32	21:10	
□□ 4	3.25	21:04	6:28	4	2:46	26	4:38	13.00	1:28:30	6:48	4	15:26	32	25:27	
□□ 5	3.25	22:28	6:54	4	4:14	30	5:53	16.25	1:50:58	6:49	4	19:40	31	30:03	
□□ 6	3.25	21:09	6:30	4	2:30	23	4:19	19.50	2:12:07	6:46	4	22:10	31	33:55	
□□ 7	3.25	22:02	6:46	4	3:08	28	5:07	22.75	2:34:09	6:46	4	25:18	31	39:02	
□□ 8	3.25	22:59	7:04	4	3:35	30	5:41	26.00	2:57:08	6:48	4	28:53	31	44:43	
□□ 9	3.25	23:26	7:12	4	3:19	27	5:44	29.25	3:20:34	6:51	4	32:12	31	50:27	
□□ 10	3.25	21:55	6:44	3	2:25	19	3:54	32.50	3:42:29	6:50	4	34:37	29	54:21	
□□ 11	3.25	21:58	6:45	3	2:00	18	4:15	35.75	4:04:27	6:50	4	36:37	28	58:08	
□□ 12	3.25	21:20	6:33	2	0:50	16	3:42	39.00	4:25:47	6:48	4	37:27	27	1:01:07	
□□□ □□	3.25	22:51	7:01	3	3:05	22	5:36	42.25	4:48:38	6:49	4	40:32	26	1:05:56	