



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Heußmann, Ines

00: Gotha

00: 90

00: 9.75 km

10 km Lauf

0000:

Seniorinnen W55 (55-59 Jahre)

000: 1:16:25

00: 7.66 km/h

0000: 7:50 min/km

00000/000: 207 (of 220)

00000/0: 85 (of 94)

000000: 40:57

00000: 11(of 12)

0000000: 52:59

0000

0000

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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	24:20	7:29	11	6:44	89	11:23	3.25	24:20	7:29	11	6:44	89	11:23
00 2	3.25	26:01	8:00	11	8:26	89	26:00	6.50	50:21	7:44	11	15:10	89	33:23
000 00	3.25	26:04	8:01	11	8:35	84	11:58	9.75	1:16:25	7:50	11	23:26	85	35:28