



# 14. Kristall-Marathon

Merkers / 16.02.2020

0000

Roggentin, Nicole

00: Flitz-Piepen.de

00: 475

00: 22.75 km

Halbmarathon

0000:

Seniorinnen W45 (45-49 Jahre)

000: 2:07:50

00: 10.68 km/h

0000: 5:37 min/km

00000/000: 96 (of 244)

00000/0: 18 (of 67)

000000: 1:47:05

00000: 5(of 15)

0000000: 1:49:59

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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	17:31	5:23	5	3:08	22	3:08	3.25	17:31	5:23	5	3:08	22	3:08
00 2	3.25	17:43	5:27	5	2:48	20	2:48	6.50	35:14	5:25	5	5:56	21	5:56
00 3	3.25	17:31	5:23	4	1:59	16	2:33	9.75	52:45	5:24	5	7:55	19	8:28
00 4	3.25	18:04	5:33	4	2:17	15	2:39	13.00	1:10:49	5:26	5	10:12	18	11:07
00 5	3.25	18:36	5:43	5	2:27	19	2:52	16.25	1:29:25	5:30	5	12:35	18	13:53
00 6	3.25	19:15	5:55	4	3:12	23	3:42	19.50	1:48:40	5:34	5	15:18	18	17:17
000 00	3.25	19:10	5:53	5	3:01	21	4:01	22.75	2:07:50	5:37	5	17:51	18	20:45