



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Lichteblau, Silke

00: BSG Evonik Rheinland e.V.

00: 423

00: 22.75 km

Halbmarathon

0000:

Seniorinnen W30 (30-34 Jahre)

000: 2:05:19

00: 10.89 km/h

0000: 5:31 min/km

00000/000: 88 (of 244)

00000/0: 16 (of 67)

000000: 1:47:05

00000: 4(of 7)

0000000: 1:47:05

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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	16:31	5:04	3	2:08	13	2:08	3.25	16:31	5:04	3	2:08	13	2:08
00 2	3.25	17:22	5:20	4	2:26	17	2:27	6.50	33:53	5:12	3	4:34	15	4:35
00 3	3.25	18:08	5:34	4	3:10	20	3:10	9.75	52:01	5:20	4	7:44	16	7:44
00 4	3.25	18:20	5:38	4	2:55	20	2:55	13.00	1:10:21	5:24	4	10:39	17	10:39
00 5	3.25	18:14	5:36	4	2:24	14	2:30	16.25	1:28:35	5:27	4	13:03	16	13:03
00 6	3.25	18:20	5:38	4	2:29	14	2:47	19.50	1:46:55	5:28	4	15:32	16	15:32
000 00	3.25	18:24	5:39	3	2:42	15	3:15	22.75	2:05:19	5:30	4	18:14	16	18:14