



14. Kristall-Marathon

Merkers / 16.02.2020

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Dippel, Melanie

□□: Bad Homburg

□□: 625

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 4:45:23

□□: 8.83 km/h

□□□□: 6:45 min/km

□□□□□/□□□: 145 (of 185)

□□□□□/□: 14 (of 24)

□□□□□□: 3:31:50

□□□□□: 5(of 7)

□□□□□□□: 3:31:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:14	6:31	7	5:44	16	5:44	3.25	21:14	6:31	7	5:44	16	5:44	
□□ 2	3.25	20:13	6:13	5	4:16	12	4:23	6.50	41:27	6:22	5	10:00	14	10:05	
□□ 3	3.25	20:56	6:26	5	4:37	13	4:55	9.75	1:02:23	6:23	5	14:33	14	15:00	
□□ 4	3.25	20:54	6:25	5	4:24	14	4:25	13.00	1:23:17	6:24	5	18:57	13	19:25	
□□ 5	3.25	21:27	6:35	6	5:14	16	5:19	16.25	1:44:44	6:26	5	24:11	13	24:44	
□□ 6	3.25	21:12	6:31	5	4:50	12	4:50	19.50	2:05:56	6:27	5	29:01	13	29:18	
□□ 7	3.25	21:21	6:34	6	5:02	12	5:02	22.75	2:27:17	6:28	5	34:03	13	34:03	
□□ 8	3.25	21:28	6:36	4	4:57	11	4:57	26.00	2:48:45	6:29	5	39:00	13	39:00	
□□ 9	3.25	21:56	6:44	5	5:52	13	5:52	29.25	3:10:41	6:31	5	44:52	13	44:52	
□□ 10	3.25	22:29	6:55	5	6:02	14	6:02	32.50	3:33:10	6:33	5	50:54	12	50:54	
□□ 11	3.25	23:20	7:10	5	6:34	13	6:34	35.75	3:56:30	6:36	5	57:28	12	57:28	
□□ 12	3.25	24:19	7:28	5	7:38	14	7:38	39.00	4:20:49	6:41	6	1:05:06	14	1:05:06	
□□□ □□	3.25	24:34	7:33	5	8:27	15	8:27	42.25	4:45:23	6:45	5	1:13:33	14	1:13:33	