



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Roseburg, Bianca

□□: Ohrekicker Wolmirstedt

□□: 770

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 4:45:34

□□: 8.82 km/h

□□□□: 6:46 min/km

□□□□□/□□□: 146 (of 185)

□□□□□/□: 15 (of 24)

□□□□□□: 3:31:50

□□□□□: 6(of 7)

□□□□□□□: 3:31:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:36	6:20	4	5:06	10	5:06	3.25	20:36	6:20	4	5:06	10	5:06	
□□ 2	3.25	19:38	6:02	4	3:41	11	3:48	6.50	40:14	6:11	4	8:47	10	8:52	
□□ 3	3.25	20:06	6:11	4	3:47	10	4:05	9.75	1:00:20	6:11	4	12:30	9	12:57	
□□ 4	3.25	20:10	6:12	4	3:40	10	3:41	13.00	1:20:30	6:11	4	16:10	9	16:38	
□□ 5	3.25	20:14	6:13	4	4:01	10	4:06	16.25	1:40:44	6:11	4	20:11	9	20:44	
□□ 6	3.25	20:27	6:17	4	4:05	9	4:05	19.50	2:01:11	6:12	4	24:16	9	24:33	
□□ 7	3.25	20:52	6:25	4	4:33	10	4:33	22.75	2:22:03	6:14	4	28:49	9	28:49	
□□ 8	3.25	21:45	6:41	5	5:14	13	5:14	26.00	2:43:48	6:18	4	34:03	9	34:03	
□□ 9	3.25	22:53	7:02	6	6:49	14	6:49	29.25	3:06:41	6:22	4	40:52	10	40:52	
□□ 10	3.25	23:21	7:11	6	6:54	15	6:54	32.50	3:30:02	6:27	4	47:46	10	47:46	
□□ 11	3.25	24:06	7:24	6	7:20	15	7:20	35.75	3:54:08	6:32	4	55:06	11	55:06	
□□ 12	3.25	25:18	7:47	6	8:37	16	8:37	39.00	4:19:26	6:39	5	1:03:43	12	1:03:43	
□□□ □□	3.25	26:08	8:02	7	10:01	19	10:01	42.25	4:45:34	6:45	6	1:13:44	15	1:13:44	