



14. Kristall-Marathon

Merkers / 16.02.2020

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Friedemann, Angelika

□□: Lauf Team Unna

□□: 638

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W65 (65-69 Jahre)

□□□: 5:11:17

□□: 8.10 km/h

□□□□: 7:22 min/km

□□□□□/□□□□: 169 (of 185)

□□□□□/□: 17 (of 24)

□□□□□□: 3:31:50

□□□□□: 1(of 1)

□□□□□□□: 5:11:17

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	23:02	7:05	1	-	22	7:32	3.25	23:02	7:05	1	-	22	7:32
□□ 2	3.25	23:00	7:04	1	-	22	7:10	6.50	46:02	7:04	1	-	22	14:40
□□ 3	3.25	22:34	6:56	1	-	18	6:33	9.75	1:08:36	7:02	1	-	22	21:13
□□ 4	3.25	23:11	7:08	1	-	18	6:42	13.00	1:31:47	7:03	1	-	20	27:55
□□ 5	3.25	23:46	7:18	1	-	19	7:38	16.25	1:55:33	7:06	1	-	20	35:33
□□ 6	3.25	24:10	7:26	1	-	20	7:48	19.50	2:19:43	7:09	1	-	20	43:05
□□ 7	3.25	24:34	7:33	1	-	22	8:15	22.75	2:44:17	7:13	1	-	21	51:03
□□ 8	3.25	23:37	7:15	1	-	17	7:06	26.00	3:07:54	7:13	1	-	19	58:09
□□ 9	3.25	23:27	7:12	1	-	15	7:23	29.25	3:31:21	7:13	1	-	18	1:05:32
□□ 10	3.25	24:33	7:33	1	-	17	8:06	32.50	3:55:54	7:15	1	-	18	1:13:38
□□ 11	3.25	26:16	8:04	1	-	19	9:30	35.75	4:22:10	7:20	1	-	17	1:23:08
□□ 12	3.25	24:04	7:24	1	-	13	7:23	39.00	4:46:14	7:20	1	-	17	1:30:31
□□□ □□	3.25	25:03	7:42	1	-	16	8:56	42.25	5:11:17	7:22	1	-	17	1:39:27