



14. Kristall-Marathon

Merkers / 16.02.2020

0000

Fender, Birgit

00: Rutesheim

00: 632

00: 42.25 km

Marathon

0000:

Seniorinnen W55 (55-59 Jahre)

000: 5:17:09

00: 7.99 km/h

0000: 7:31 min/km

00000/000: 171 (of 185)

00000/0: 18 (of 24)

000000: 3:31:50

00000: 3(of 5)

0000000: 4:01:13

0000

0000

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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	22:15	6:50	4	4:42	20	6:45	3.25	22:15	6:50	4	4:42	20	6:45
00 2	3.25	22:21	6:52	3	4:26	18	6:31	6.50	44:36	6:51	3	9:08	19	13:14
00 3	3.25	22:36	6:57	3	4:38	19	6:35	9.75	1:07:12	6:53	3	13:46	17	19:49
00 4	3.25	23:29	7:13	4	5:17	20	7:00	13.00	1:30:41	6:58	3	19:03	18	26:49
00 5	3.25	22:49	7:01	3	2:47	18	6:41	16.25	1:53:30	6:59	3	21:50	18	33:30
00 6	3.25	23:48	7:19	3	5:20	19	7:26	19.50	2:17:18	7:02	3	27:10	18	40:40
00 7	3.25	24:27	7:31	3	6:09	21	8:08	22.75	2:41:45	7:06	3	33:19	18	48:31
00 8	3.25	25:12	7:45	3	6:48	22	8:41	26.00	3:06:57	7:11	3	40:07	18	57:12
00 9	3.25	25:47	7:56	3	6:26	18	9:43	29.25	3:32:44	7:16	3	46:33	19	1:06:55
00 10	3.25	25:48	7:56	3	7:44	21	9:21	32.50	3:58:32	7:20	3	54:17	19	1:16:16
00 11	3.25	26:02	8:00	3	6:53	18	9:16	35.75	4:24:34	7:24	3	1:01:10	20	1:25:32
00 12	3.25	25:40	7:53	3	6:25	19	8:59	39.00	4:50:14	7:26	3	1:07:35	19	1:34:31
000 00	3.25	26:55	8:16	4	8:21	21	10:48	42.25	5:17:09	7:30	3	1:15:56	18	1:45:19