



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

0000

Koch, Heike

00: TSSC-Erfurt

00: 184

00: 42.25 km

Marathon

0000:

Frauen W40

000: 4:10:54

00: 10.10 km/h

0000: 5:56 min/km

00000/0000: 95 (of 164)

00000/0: 7 (of 28)

000000: 3:30:47

00000: 2(of 5)

0000000: 4:02:26

0000

0000

000

| 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 | 15:59 | 4:55   | 2  | 0:19 | 5  | 1:06 | 3.25  | 15:59   | 4:55   | 2  | -    | 22 |       |
| 00 2   | 3.25 | 16:59 | 5:13   | 3  | 0:42 | 6  | 1:43 | 6.50  | 32:58   | 5:04   | 2  | -    | 22 |       |
| 00 3   | 3.25 | 17:14 | 5:18   | 3  | 0:36 | 6  | 1:46 | 9.75  | 50:12   | 5:08   | 1  | -    | 22 |       |
| 00 4   | 3.25 | 18:06 | 5:34   | 3  | 1:01 | 7  | 2:27 | 13.00 | 1:08:18 | 5:15   | 2  | 1:01 | 22 |       |
| 00 5   | 3.25 | 17:24 | 5:21   | 2  | 0:10 | 6  | 1:15 | 16.25 | 1:25:42 | 5:16   | 2  | 0:54 | 22 |       |
| 00 6   | 3.25 | 18:26 | 5:40   | 2  | 0:35 | 7  | 2:15 | 19.50 | 1:44:08 | 5:20   | 2  | 1:29 | 22 |       |
| 00 7   | 3.25 | 19:35 | 6:01   | 3  | 1:07 | 10 | 3:23 | 22.75 | 2:03:43 | 5:26   | 2  | 2:36 | 22 |       |
| 00 8   | 3.25 | 20:36 | 6:20   | 4  | 1:33 | 14 | 4:01 | 26.00 | 2:24:19 | 5:33   | 2  | 4:09 | 22 |       |
| 00 9   | 3.25 | 22:36 | 6:57   | 4  | 2:50 | 21 | 6:28 | 29.25 | 2:46:55 | 5:42   | 2  | 6:59 | 22 |       |
| 00 10  | 3.25 | 20:25 | 6:16   | 3  | 0:03 | 10 | 4:00 | 32.50 | 3:07:20 | 5:45   | 2  | 7:01 | 22 |       |
| 00 11  | 3.25 | 20:32 | 6:19   | 1  | -    | 7  | 4:24 | 35.75 | 3:27:52 | 5:48   | 2  | 6:47 | 22 |       |
| 00 12  | 3.25 | 20:59 | 6:27   | 2  | 0:02 | 9  | 4:45 | 39.00 | 3:48:51 | 5:52   | 2  | 6:49 | 22 |       |
| 000 00 | 3.25 | 22:03 | 6:47   | 3  | 2:21 | 17 | 6:53 | 42.25 | 4:10:54 | 5:56   | 2  | 8:28 | 8  | 40:07 |