



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

□□□□

Zachow, Doris

□□: LT Lippehasen / 100 Marathon Club

□□: 569

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 4:29:18

□□: 9.36 km/h

□□□□: 6:22 min/km

□□□□□/□□□: 113 (of 148)

□□□□□/□: 10 (of 18)

□□□□□□: 3:43:33

□□□□□: 5(of 8)

□□□□□□□: 4:06:44

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:03	6:10	6	3:51	12	3:51	3.25	20:03	6:10	6			9	2:12
□□ 2	3.25	20:17	6:14	6	3:37	12	3:45	6.50	40:20	6:12	6	0:27		9	4:11
□□ 3	3.25	20:14	6:13	6	3:26	14	3:29	9.75	1:00:34	6:12	6	1:08		9	5:41
□□ 4	3.25	21:17	6:32	6	4:11	14	4:35	13.00	1:21:51	6:17	6	2:35		9	7:39
□□ 5	3.25	20:38	6:20	5	3:16	12	4:05	16.25	1:42:29	6:18	6	2:07		7	8:42
□□ 6	3.25	20:47	6:23	5	3:05	11	3:51	19.50	2:03:16	6:19	6	2:07		7	9:41
□□ 7	3.25	21:21	6:34	6	2:30	12	3:07	22.75	2:24:37	6:21	6	2:14		7	10:41
□□ 8	3.25	20:39	6:21	2	0:20	6	3:32	26.00	2:45:16	6:21	6	0:39		9	10:15
□□ 9	3.25	20:36	6:20	1	-	4	3:08	29.25	3:05:52	6:21	6			9	9:12
□□ 10	3.25	21:12	6:31	1	-	3	3:05	32.50	3:27:04	6:22	5	23:34		9	8:16
□□ 11	3.25	21:10	6:30	1	-	5	3:28	35.75	3:48:14	6:23	5	23:05		9	6:14
□□ 12	3.25	20:59	6:27	1	-	4	3:06	39.00	4:09:13	6:23	5	22:32		9	3:45
□□□ □□	3.25	20:05	6:10	2	0:02	4	2:55	42.25	4:29:18	6:22	6	47:15		11	47:15