



# 10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Grimmer, Diana

□□: OCR Frankfurt

□□: 330

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 2:07:00

□□: 10.75 km/h

□□□□: 5:35 min/km

□□□□□/□□□: 73 (of 159)

□□□□□/□: 12 (of 37)

□□□□□□: 1:42:13

□□□□□: 4(of 9)

□□□□□□□: 1:45:46

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 17:07    | 5:15         | 4       | 2:51    | 10      | 3:50    | 3.25  | 17:07     | 5:15      | 4             | 2:51    | 10      | 3:50    |         |
| □□ 2   | 3.25     | 17:08    | 5:16         | 4       | 2:06    | 10      | 3:04    | 6.50  | 34:15     | 5:16      | 4             | 4:57    | 10      | 6:54    |         |
| □□ 3   | 3.25     | 17:54    | 5:30         | 4       | 2:41    | 12      | 3:29    | 9.75  | 52:09     | 5:20      | 4             | 7:38    | 10      | 10:23   |         |
| □□ 4   | 3.25     | 18:27    | 5:40         | 4       | 3:02    | 16      | 3:40    | 13.00 | 1:10:36   | 5:25      | 4             | 10:40   | 12      | 14:03   |         |
| □□ 5   | 3.25     | 18:38    | 5:44         | 4       | 3:10    | 15      | 3:41    | 16.25 | 1:29:14   | 5:29      | 4             | 13:50   | 12      | 17:44   |         |
| □□ 6   | 3.25     | 19:14    | 5:55         | 6       | 3:54    | 16      | 3:55    | 19.50 | 1:48:28   | 5:33      | 4             | 17:44   | 12      | 21:39   |         |
| □□□ □□ | 3.25     | 18:32    | 5:42         | 4       | 3:30    | 13      | 3:30    | 22.75 | 2:07:00   | 5:34      | 4             | 21:14   | 12      | 24:47   |         |