



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Littwin, Gabi

□□: Lippehasen Dorsten

□□: 578

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 2:39:37

□□: 8.27 km/h

□□□□: 7:01 min/km

□□□□□/□□□: 143 (of 159)

□□□□□/□: 30 (of 37)

□□□□□□: 1:42:13

□□□□□: 2(of 2)

□□□□□□□: 2:14:32

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 22:44 | 6:59 | 2 | 4:22 | 36 | 9:27 | 3.25 | 22:44 | 6:59 | 2 | 4:22 | 36 | 9:27 | |
| □□ 2 | 3.25 | 21:28 | 6:36 | 2 | 2:45 | 31 | 7:24 | 6.50 | 44:12 | 6:48 | 2 | 7:07 | 34 | 16:51 | |
| □□ 3 | 3.25 | 21:26 | 6:35 | 2 | 2:12 | 29 | 7:01 | 9.75 | 1:05:38 | 6:43 | 2 | 9:19 | 32 | 23:52 | |
| □□ 4 | 3.25 | 21:53 | 6:44 | 2 | 2:41 | 28 | 7:06 | 13.00 | 1:27:31 | 6:43 | 2 | 12:00 | 30 | 30:58 | |
| □□ 5 | 3.25 | 22:53 | 7:02 | 2 | 3:23 | 30 | 7:56 | 16.25 | 1:50:24 | 6:47 | 2 | 15:23 | 30 | 38:54 | |
| □□ 6 | 3.25 | 23:47 | 7:19 | 2 | 4:03 | 30 | 8:28 | 19.50 | 2:14:11 | 6:52 | 2 | 19:26 | 30 | 47:22 | |
| □□□ □□ | 3.25 | 25:26 | 7:49 | 2 | 5:39 | 35 | 10:24 | 22.75 | 2:39:37 | 7:00 | 2 | 25:05 | 30 | 57:24 | |