



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Machauer, Ines

□□: OCR Frankfurt

□□: 373

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 2:44:44

□□: 8.01 km/h

□□□□: 7:14 min/km

□□□□□/□□□: 150 (of 159)

□□□□□/□: 34 (of 37)

□□□□□□: 1:42:13

□□□□□: 8(of 9)

□□□□□□□: 1:45:46

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 19:42 | 6:03 | 8 | 5:26 | 28 | 6:25 | 3.25 | 19:42 | 6:03 | 8 | 5:26 | 28 | 6:25 |
| □□ 2 | 3.25 | 23:00 | 7:04 | 8 | 7:58 | 34 | 8:56 | 6.50 | 42:42 | 6:34 | 8 | 13:24 | 32 | 15:21 |
| □□ 3 | 3.25 | 23:34 | 7:15 | 8 | 8:21 | 35 | 9:09 | 9.75 | 1:06:16 | 6:47 | 8 | 21:45 | 33 | 24:30 |
| □□ 4 | 3.25 | 24:21 | 7:29 | 8 | 8:56 | 34 | 9:34 | 13.00 | 1:30:37 | 6:58 | 8 | 30:41 | 33 | 34:04 |
| □□ 5 | 3.25 | 24:47 | 7:37 | 8 | 9:19 | 34 | 9:50 | 16.25 | 1:55:24 | 7:06 | 8 | 40:00 | 33 | 43:54 |
| □□ 6 | 3.25 | 24:48 | 7:37 | 8 | 9:28 | 35 | 9:29 | 19.50 | 2:20:12 | 7:11 | 8 | 49:28 | 34 | 53:23 |
| □□□ □□ | 3.25 | 24:32 | 7:32 | 8 | 9:30 | 33 | 9:30 | 22.75 | 2:44:44 | 7:14 | 8 | 58:58 | 34 | 1:02:31 |