



10. Kristall-Marathon

Merkers / 14.02.2016

□□□□

Lang, Carmen

□□: Sparda Team

□□: 573

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 3:49:19

□□: 11.05 km/h

□□□□: 5:26 min/km

□□□□□/□□□: 41 (of 119)

□□□□□/□: 2 (of 12)

□□□□□□: 3:46:38

□□□□□: 2(of 3)

□□□□□□□: 3:46:38

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 15:04 | 4:38 | 1 | - | 1 | - | 3.25 | 15:04 | 4:38 | 1 | - | 1 | - |
| □□ 2 | 3.25 | 16:03 | 4:56 | 1 | - | 1 | - | 6.50 | 31:07 | 4:47 | 1 | - | 1 | - |
| □□ 3 | 3.25 | 16:27 | 5:03 | 1 | - | 1 | - | 9.75 | 47:34 | 4:52 | 1 | - | 1 | - |
| □□ 4 | 3.25 | 16:40 | 5:07 | 2 | 0:04 | 2 | 0:04 | 13.00 | 1:04:14 | 4:56 | 1 | - | 1 | - |
| □□ 5 | 3.25 | 16:53 | 5:11 | 2 | 0:05 | 2 | 0:05 | 16.25 | 1:21:07 | 4:59 | 1 | - | 1 | - |
| □□ 6 | 3.25 | 17:12 | 5:17 | 1 | - | 1 | - | 19.50 | 1:38:19 | 5:02 | 1 | - | 1 | - |
| □□ 7 | 3.25 | 17:38 | 5:25 | 2 | 0:11 | 2 | 0:11 | 22.75 | 1:55:57 | 5:05 | 1 | - | 1 | - |
| □□ 8 | 3.25 | 18:06 | 5:34 | 2 | 0:33 | 2 | 0:33 | 26.00 | 2:14:03 | 5:09 | 1 | - | 1 | - |
| □□ 9 | 3.25 | 18:46 | 5:46 | 2 | 0:59 | 2 | 0:59 | 29.25 | 2:32:49 | 5:13 | 2 | 0:34 | 2 | 0:34 |
| □□ 10 | 3.25 | 19:06 | 5:52 | 2 | 0:39 | 2 | 0:39 | 32.50 | 2:51:55 | 5:17 | 2 | 1:13 | 2 | 1:13 |
| □□ 11 | 3.25 | 18:54 | 5:48 | 1 | - | 1 | - | 35.75 | 3:10:49 | 5:20 | 2 | 1:00 | 2 | 1:00 |
| □□ 12 | 3.25 | 19:57 | 6:08 | 2 | 0:52 | 4 | 0:52 | 39.00 | 3:30:46 | 5:24 | 2 | 1:52 | 2 | 1:52 |
| □□□ □□ | 3.25 | 18:33 | 5:42 | 2 | 0:49 | 2 | 0:49 | 42.25 | 3:49:19 | 5:25 | 2 | 2:41 | 2 | 2:41 |