



# 11. Kristall-Marathon

Merkers / 12.02.2017

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**DIEPENBROCK, Kira**

□□: Northwood Runners

□□: 213

□□: 22.75 km

Halbmarathon

□□□□:

Frauen (20-29 Jahre)

□□□: 2:08:14

□□: 10.29 km/h

□□□□: 5:38 min/km

□□□□□/□□□: 70 (of 149)

□□□□□/□: 9 (of 35)

□□□□□□: 1:49:12

□□□□□: 2(of 3)

□□□□□□□: 1:55:01

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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     | 16:36    | 5:06         | 2       | 1:34    | 9       | 2:09    | 3.25  | 16:36     | 5:06      | 2             | 1:34    | 9       | 2:09    |         |
| □□ 2   | 3.25     | 17:32    | 5:23         | 2       | 1:50    | 9       | 2:44    | 6.50  | 34:08     | 5:15      | 2             | 3:24    | 9       | 4:53    |         |
| □□ 3   | 3.25     | 18:12    | 5:35         | 2       | 2:00    | 9       | 2:55    | 9.75  | 52:20     | 5:22      | 2             | 5:24    | 9       | 7:48    |         |
| □□ 4   | 3.25     | 18:27    | 5:40         | 2       | 1:35    | 10      | 2:47    | 13.00 | 1:10:47   | 5:26      | 2             | 6:59    | 9       | 10:35   |         |
| □□ 5   | 3.25     | 19:11    | 5:54         | 2       | 1:54    | 10      | 3:06    | 16.25 | 1:29:58   | 5:32      | 2             | 8:53    | 9       | 13:41   |         |
| □□ 6   | 3.25     | 19:11    | 5:54         | 2       | 1:46    | 10      | 3:21    | 19.50 | 1:49:09   | 5:35      | 2             | 10:39   | 9       | 16:39   |         |
| □□□ □□ | 3.25     | 19:05    | 5:52         | 2       | 2:34    | 10      | 3:08    | 22.75 | 2:08:14   | 5:38      | 2             | 13:13   | 9       | 19:02   |         |