



11. Kristall-Marathon

Merkers / 12.02.2017

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SCHADOW, Laura

□□: LLG Luckenwalde

□□: 115

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 3:58:06

□□: 10.58 km/h

□□□□: 5:38 min/km

□□□□□/□□□□: 51 (of 110)

□□□□□/□: 3 (of 10)

□□□□□□: 3:41:35

□□□□□: 2(of 3)

□□□□□□□: 3:41:35

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:41 | 5:08 | 1 | - | 2 | 1:44 | 3.25 | 16:41 | 5:08 | 1 | - | 2 | 1:44 | |
| □□ 2 | 3.25 | 16:48 | 5:10 | 2 | 0:13 | 3 | 0:51 | 6.50 | 33:29 | 5:09 | 1 | - | 2 | 2:35 | |
| □□ 3 | 3.25 | 17:06 | 5:15 | 2 | 0:32 | 3 | 0:40 | 9.75 | 50:35 | 5:11 | 2 | 0:32 | 3 | 3:15 | |
| □□ 4 | 3.25 | 17:26 | 5:21 | 2 | 1:01 | 3 | 1:01 | 13.00 | 1:08:01 | 5:13 | 2 | 1:33 | 3 | 3:36 | |
| □□ 5 | 3.25 | 17:08 | 5:16 | 2 | 0:33 | 2 | 0:33 | 16.25 | 1:25:09 | 5:14 | 2 | 2:06 | 3 | 3:23 | |
| □□ 6 | 3.25 | 17:29 | 5:22 | 2 | 0:42 | 2 | 0:42 | 19.50 | 1:42:38 | 5:15 | 2 | 2:48 | 3 | 2:48 | |
| □□ 7 | 3.25 | 17:59 | 5:31 | 2 | 1:09 | 4 | 1:09 | 22.75 | 2:00:37 | 5:18 | 2 | 3:57 | 3 | 3:57 | |
| □□ 8 | 3.25 | 18:29 | 5:41 | 2 | 1:29 | 5 | 1:29 | 26.00 | 2:19:06 | 5:20 | 2 | 5:26 | 3 | 5:26 | |
| □□ 9 | 3.25 | 19:17 | 5:56 | 2 | 2:02 | 5 | 2:19 | 29.25 | 2:38:23 | 5:24 | 2 | 7:28 | 3 | 7:28 | |
| □□ 10 | 3.25 | 20:31 | 6:18 | 2 | 3:13 | 5 | 3:13 | 32.50 | 2:58:54 | 5:30 | 2 | 10:41 | 3 | 10:41 | |
| □□ 11 | 3.25 | 20:07 | 6:11 | 2 | 2:43 | 5 | 2:43 | 35.75 | 3:19:01 | 5:34 | 2 | 13:24 | 3 | 13:24 | |
| □□ 12 | 3.25 | 19:32 | 6:00 | 2 | 1:20 | 4 | 1:20 | 39.00 | 3:38:33 | 5:36 | 2 | 14:44 | 3 | 14:44 | |
| □□□ □□ | 3.25 | 19:33 | 6:00 | 2 | 1:47 | 4 | 2:03 | 42.25 | 3:58:06 | 5:38 | 2 | 16:31 | 3 | 16:31 | |