



12. Kristall-Marathon

Merkers / 18.02.2018

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LIPPOLD, Yvonne

□□: Mühlhäuser Röblinglaufverein

□□: 432

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W30 (30-34 Jahre)

□□□: 2:06:26

□□: 10.44 km/h

□□□□: 5:34 min/km

□□□□□/□□□: 112 (of 261)

□□□□□/□: 13 (of 46)

□□□□□□: 1:46:29

□□□□□: 4 (of 6)

□□□□□□□: 1:46:29

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 16:58 | 5:13 | 4 | 3:47 | 12 | 3:47 | 3.25 | 16:58 | 5:13 | 4 | 3:47 | 12 | 3:47 | |
| □□ 2 | 3.25 | 17:33 | 5:24 | 4 | 3:21 | 14 | 3:21 | 6.50 | 34:31 | 5:18 | 4 | 7:08 | 13 | 7:08 | |
| □□ 3 | 3.25 | 18:09 | 5:35 | 4 | 3:16 | 13 | 3:16 | 9.75 | 52:40 | 5:24 | 4 | 10:24 | 14 | 10:24 | |
| □□ 4 | 3.25 | 18:27 | 5:40 | 4 | 3:11 | 13 | 3:11 | 13.00 | 1:11:07 | 5:28 | 4 | 13:35 | 13 | 13:35 | |
| □□ 5 | 3.25 | 18:54 | 5:48 | 4 | 3:07 | 13 | 3:09 | 16.25 | 1:30:01 | 5:32 | 4 | 16:36 | 13 | 16:36 | |
| □□ 6 | 3.25 | 18:29 | 5:41 | 4 | 2:18 | 12 | 2:22 | 19.50 | 1:48:30 | 5:33 | 4 | 18:26 | 13 | 18:26 | |
| □□□ □□ | 3.25 | 17:56 | 5:31 | 4 | 2:21 | 8 | 2:21 | 22.75 | 2:06:26 | 5:33 | 4 | 19:57 | 13 | 19:57 | |