



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

FROST, Talke

□□: @ a snails pace

□□: 365

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 2:36:23

□□: 8.44 km/h

□□□□: 6:52 min/km

□□□□□/□□□: 215 (of 261)

□□□□□/□: 30 (of 46)

□□□□□□: 1:46:29

□□□□□: 6(of 6)

□□□□□□□: 1:59:53

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 19:45 | 6:04 | 5 | 4:10 | 22 | 6:34 | 3.25 | 19:45 | 6:04 | 5 | 4:10 | 22 | 6:34 | |
| □□ 2 | 3.25 | 20:55 | 6:26 | 6 | 4:39 | 29 | 6:43 | 6.50 | 40:40 | 6:15 | 6 | 8:30 | 25 | 13:17 | |
| □□ 3 | 3.25 | 22:06 | 6:48 | 6 | 5:07 | 32 | 7:13 | 9.75 | 1:02:46 | 6:26 | 6 | 13:37 | 29 | 20:30 | |
| □□ 4 | 3.25 | 22:57 | 7:03 | 6 | 5:30 | 31 | 7:41 | 13.00 | 1:25:43 | 6:35 | 6 | 18:54 | 30 | 28:11 | |
| □□ 5 | 3.25 | 23:06 | 7:06 | 6 | 5:23 | 30 | 7:21 | 16.25 | 1:48:49 | 6:41 | 6 | 24:17 | 30 | 35:24 | |
| □□ 6 | 3.25 | 23:18 | 7:10 | 6 | 5:24 | 30 | 7:11 | 19.50 | 2:12:07 | 6:46 | 6 | 29:41 | 31 | 42:03 | |
| □□□ □□ | 3.25 | 24:16 | 7:28 | 6 | 6:49 | 31 | 8:41 | 22.75 | 2:36:23 | 6:52 | 6 | 36:30 | 30 | 49:54 | |