



12. Kristall-Marathon

Merkers / 18.02.2018

□□□□

RÜHL, Lidia

□□: LT-HEMSBACH

□□: 482

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W60 (60-64 Jahre)

□□□: 3:05:22

□□: 7.12 km/h

□□□□: 8:09 min/km

□□□□□/□□□: 244 (of 261)

□□□□□/□: 39 (of 46)

□□□□□□: 1:46:29

□□□□□: 2(of 2)

□□□□□□□: 2:28:51

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 23:50 | 7:19 | 2 | 2:27 | 40 | 10:39 | 3.25 | 23:50 | 7:19 | 2 | 2:27 | 40 | 10:39 | |
| □□ 2 | 3.25 | 25:37 | 7:52 | 2 | 5:06 | 41 | 11:25 | 6.50 | 49:27 | 7:36 | 2 | 7:33 | 40 | 22:04 | |
| □□ 3 | 3.25 | 27:59 | 8:36 | 2 | 5:56 | 43 | 13:06 | 9.75 | 1:17:26 | 7:56 | 2 | 13:29 | 42 | 35:10 | |
| □□ 4 | 3.25 | 27:04 | 8:19 | 2 | 5:14 | 42 | 11:48 | 13.00 | 1:44:30 | 8:02 | 2 | 18:43 | 41 | 46:58 | |
| □□ 5 | 3.25 | 27:03 | 8:19 | 2 | 5:56 | 38 | 11:18 | 16.25 | 2:11:33 | 8:05 | 2 | 24:39 | 41 | 58:08 | |
| □□ 6 | 3.25 | 27:06 | 8:20 | 2 | 6:14 | 37 | 10:59 | 19.50 | 2:38:39 | 8:08 | 2 | 30:53 | 41 | 1:08:35 | |
| □□□ □□ | 3.25 | 26:43 | 8:13 | 2 | 5:38 | 33 | 11:08 | 22.75 | 3:05:22 | 8:08 | 2 | 36:31 | 39 | 1:18:53 | |