



12. Kristall-Marathon

Merkers / 18.02.2018

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HENCKE, Heike

□□: Team ERDINGER Alkoholfrei

□□: 667

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 4:44:05

□□: 8.92 km/h

□□□□: 6:43 min/km

□□□□□/□□□: 130 (of 168)

□□□□□/□: 15 (of 24)

□□□□□□: 3:38:45

□□□□□: 3(of 6)

□□□□□□□: 4:11:42

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:51	6:24	6	3:40	24	5:59	3.25	20:51	6:24	6	3:40	24	5:59	
□□ 2	3.25	20:19	6:15	5	2:30	16	4:56	6.50	41:10	6:19	6	6:04	22	10:55	
□□ 3	3.25	20:29	6:18	6	2:44	17	4:55	9.75	1:01:39	6:19	6	8:46	18	15:50	
□□ 4	3.25	20:27	6:17	4	2:15	15	4:27	13.00	1:22:06	6:18	6	10:50	18	20:17	
□□ 5	3.25	20:40	6:21	4	2:05	14	4:44	16.25	1:42:46	6:19	6	12:55	19	24:30	
□□ 6	3.25	21:32	6:37	4	2:33	16	4:54	19.50	2:04:18	6:22	6	15:28	19	29:08	
□□ 7	3.25	21:30	6:36	3	2:08	14	4:56	22.75	2:25:48	6:24	5	17:36	17	34:04	
□□ 8	3.25	22:33	6:56	3	2:47	16	5:53	26.00	2:48:21	6:28	5	20:23	17	39:57	
□□ 9	3.25	21:54	6:44	2	1:36	9	5:13	29.25	3:10:15	6:30	3	21:59	15	44:38	
□□ 10	3.25	22:56	7:03	2	1:59	13	6:19	32.50	3:33:11	6:33	3	23:58	14	49:31	
□□ 11	3.25	23:29	7:13	4	2:33	16	6:02	35.75	3:56:40	6:37	3	26:31	14	53:44	
□□ 12	3.25	24:37	7:34	4	3:34	17	6:22	39.00	4:21:17	6:41	3	30:05	15	59:34	
□□□ □□	3.25	22:48	7:00	4	2:18	16	5:46	42.25	4:44:05	6:43	3	32:23	15	1:05:20	