



# 13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Alex, Gaby

□□: Bottrop

□□: 301

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 2:02:26

□□: 11.15 km/h

□□□□: 5:23 min/km

□□□□□/□□□□: 72 (of 244)

□□□□□/□: 9 (of 65)

□□□□□□: 1:42:53

□□□□□: 3(of 10)

□□□□□□□: 1:46:58

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 17:21    | 5:20         | 3       | 2:33    | 18      | 3:29    | 3.25  | 17:21     | 5:20          | 3       | 2:33    | 18      | 3:29    |
| □□ 2   | 3.25     | 17:09    | 5:16         | 3       | 1:59    | 15      | 2:30    | 6.50  | 34:30     | 5:18          | 3       | 4:32    | 17      | 5:59    |
| □□ 3   | 3.25     | 17:19    | 5:19         | 2       | 1:51    | 10      | 2:36    | 9.75  | 51:49     | 5:18          | 3       | 6:23    | 15      | 8:32    |
| □□ 4   | 3.25     | 17:26    | 5:21         | 2       | 1:53    | 8       | 2:33    | 13.00 | 1:09:15   | 5:19          | 3       | 8:16    | 12      | 11:05   |
| □□ 5   | 3.25     | 17:55    | 5:30         | 4       | 2:34    | 12      | 2:51    | 16.25 | 1:27:10   | 5:21          | 3       | 10:50   | 11      | 13:56   |
| □□ 6   | 3.25     | 18:01    | 5:32         | 3       | 2:34    | 10      | 2:53    | 19.50 | 1:45:11   | 5:23          | 3       | 13:24   | 9       | 16:49   |
| □□□ □□ | 3.25     | 17:15    | 5:18         | 2       | 2:04    | 6       | 2:44    | 22.75 | 2:02:26   | 5:22          | 3       | 15:28   | 9       | 19:33   |