



# 13. Kristall-Marathon

Merkers / 17.02.2019

0000

Timm, Jana

00: Heul nicht, lauf!

00: 514

00: 22.75 km

Halbmarathon

0000:

Seniorinnen W45 (45-49 Jahre)

000: 2:04:40

00: 10.95 km/h

0000: 5:29 min/km

00000/000: 85 (of 244)

00000/0: 11 (of 65)

000000: 1:42:53

00000: 1(of 15)

0000000: 2:04:40

0000

0000

000

| 000    | 00   | 00    | 00     | 00 | 00   | 00 | 00   | 000   | 000     | 000    | 00 | 00   | 00 | 00    |
|--------|------|-------|--------|----|------|----|------|-------|---------|--------|----|------|----|-------|
|        | km   | 00    | min/km | -  | -    | 0  | 0    | km    | 00      | min/km | -  | -    | 0  | 0     |
| 00 1   | 3.25 | 16:21 | 5:01   | 2  | 0:11 | 10 | 2:29 | 3.25  | 16:21   | 5:01   | 2  | 0:11 | 10 | 2:29  |
| 00 2   | 3.25 | 17:20 | 5:19   | 3  | 1:20 | 17 | 2:41 | 6.50  | 33:41   | 5:10   | 1  | -    | 10 | 5:10  |
| 00 3   | 3.25 | 17:44 | 5:27   | 4  | 3:01 | 17 | 3:01 | 9.75  | 51:25   | 5:16   | 2  | 0:04 | 12 | 8:08  |
| 00 4   | 3.25 | 18:01 | 5:32   | 3  | 0:24 | 17 | 3:08 | 13.00 | 1:09:26 | 5:20   | 2  | 0:08 | 15 | 11:16 |
| 00 5   | 3.25 | 18:15 | 5:36   | 3  | 2:39 | 17 | 3:11 | 16.25 | 1:27:41 | 5:23   | 1  | -    | 14 | 14:27 |
| 00 6   | 3.25 | 18:22 | 5:39   | 3  | 0:31 | 12 | 3:14 | 19.50 | 1:46:03 | 5:26   | 1  | -    | 14 | 17:41 |
| 000 00 | 3.25 | 18:37 | 5:43   | 4  | 0:14 | 14 | 4:06 | 22.75 | 2:04:40 | 5:28   | 1  | -    | 11 | 21:47 |