



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Klasen, Gabriele

□□: Glesibros Runningschool

□□: 403

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:33:34

□□: 8.60 km/h

□□□□: 6:45 min/km

□□□□□/□□□□: 197 (of 244)

□□□□□/□: 44 (of 65)

□□□□□□: 1:42:53

□□□□□: 10(of 15)

□□□□□□□: 2:04:40

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 20:54 | 6:25 | 10 | 4:44 | 49 | 7:02 | 3.25 | 20:54 | 6:25 | 10 | 4:44 | 49 | 7:02 | |
| □□ 2 | 3.25 | 20:17 | 6:14 | 9 | 4:17 | 41 | 5:38 | 6.50 | 41:11 | 6:20 | 9 | 7:30 | 45 | 12:40 | |
| □□ 3 | 3.25 | 21:04 | 6:28 | 10 | 6:21 | 43 | 6:21 | 9.75 | 1:02:15 | 6:23 | 10 | 10:54 | 46 | 18:58 | |
| □□ 4 | 3.25 | 22:15 | 6:50 | 11 | 4:38 | 48 | 7:22 | 13.00 | 1:24:30 | 6:30 | 10 | 15:12 | 46 | 26:20 | |
| □□ 5 | 3.25 | 22:42 | 6:59 | 11 | 7:06 | 48 | 7:38 | 16.25 | 1:47:12 | 6:35 | 10 | 19:31 | 46 | 33:58 | |
| □□ 6 | 3.25 | 23:22 | 7:11 | 11 | 5:31 | 49 | 8:14 | 19.50 | 2:10:34 | 6:41 | 10 | 24:31 | 46 | 42:12 | |
| □□□ □□ | 3.25 | 23:00 | 7:04 | 10 | 4:37 | 44 | 8:29 | 22.75 | 2:33:34 | 6:45 | 10 | 28:54 | 44 | 50:41 | |