



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Groß, Anette

□□: Lauf Team Unna

□□: 368

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 2:37:25

□□: 8.39 km/h

□□□□: 6:55 min/km

□□□□□/□□□□: 207 (of 244)

□□□□□/□: 50 (of 65)

□□□□□□: 1:42:53

□□□□□: 5(of 7)

□□□□□□□: 2:14:28

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 23:25 | 7:12 | 6 | 6:34 | 59 | 9:33 | 3.25 | 23:25 | 7:12 | 6 | 6:34 | 59 | 9:33 | |
| □□ 2 | 3.25 | 22:41 | 6:58 | 5 | 4:46 | 57 | 8:02 | 6.50 | 46:06 | 7:05 | 6 | 11:20 | 58 | 17:35 | |
| □□ 3 | 3.25 | 21:38 | 6:39 | 5 | 3:07 | 49 | 6:55 | 9.75 | 1:07:44 | 6:56 | 5 | 14:27 | 56 | 24:27 | |
| □□ 4 | 3.25 | 21:50 | 6:43 | 4 | 2:48 | 43 | 6:57 | 13.00 | 1:29:34 | 6:53 | 5 | 17:15 | 54 | 31:24 | |
| □□ 5 | 3.25 | 21:59 | 6:45 | 5 | 2:31 | 41 | 6:55 | 16.25 | 1:51:33 | 6:51 | 5 | 19:12 | 54 | 38:19 | |
| □□ 6 | 3.25 | 23:10 | 7:07 | 5 | 3:06 | 47 | 8:02 | 19.50 | 2:14:43 | 6:54 | 5 | 21:08 | 52 | 46:21 | |
| □□□ □□ | 3.25 | 22:42 | 6:59 | 5 | 2:33 | 41 | 8:11 | 22.75 | 2:37:25 | 6:55 | 5 | 22:57 | 50 | 54:32 | |