



13. Kristall-Marathon

Merkers / 17.02.2019

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Routaboul, Laura

□□: Witten

□□: 779

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 4:01:30

□□: 10.43 km/h

□□□□: 5:43 min/km

□□□□□/□□□□: 76 (of 193)

□□□□□□/□: 7 (of 32)

□□□□□□: 3:42:42

□□□□□: 2 (of 3)

□□□□□□□: 3:58:14

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	km	□□	min/km	-	-	□	□	km	□□	min/km	-	-	□	□
□□ 1	3.25	16:39	5:07	1	-	5	2:16	3.25	16:39	5:07	1	-	5	2:16
□□ 2	3.25	17:43	5:27	2	0:05	7	1:53	6.50	34:22	5:17	1	-	6	4:09
□□ 3	3.25	18:03	5:33	2	0:30	9	2:00	9.75	52:25	5:22	1	-	6	6:09
□□ 4	3.25	18:31	5:41	2	0:56	13	2:05	13.00	1:10:56	5:27	1	-	6	7:53
□□ 5	3.25	18:57	5:49	2	1:13	10	2:22	16.25	1:29:53	5:31	2	0:38	7	8:58
□□ 6	3.25	19:07	5:52	2	1:16	10	2:17	19.50	1:49:00	5:35	2	1:54	6	10:48
□□ 7	3.25	19:16	5:55	2	1:16	10	2:21	22.75	2:08:16	5:38	2	3:10	7	13:09
□□ 8	3.25	18:53	5:48	2	0:24	6	1:35	26.00	2:27:09	5:39	2	3:34	7	14:44
□□ 9	3.25	19:08	5:53	2	0:38	7	1:26	29.25	2:46:17	5:41	2	4:12	7	16:10
□□ 10	3.25	19:21	5:57	2	0:32	6	1:20	32.50	3:05:38	5:42	2	4:44	7	17:30
□□ 11	3.25	19:00	5:50	2	0:14	7	1:17	35.75	3:24:38	5:43	2	4:58	7	18:19
□□ 12	3.25	19:03	5:51	2	0:10	6	1:25	39.00	3:43:41	5:44	2	5:08	7	19:01
□□□ □□	3.25	17:49	5:28	1	-	2	0:34	42.25	4:01:30	5:42	2	3:16	7	18:48