



13. Kristall-Marathon

Merkers / 17.02.2019

0000

Lause, Ursula

00: VfB Salzkotten

00: 721

00: 42.25 km

Marathon

0000:

Seniorinnen W60 (60-64 Jahre)

000: 4:15:29

00: 9.86 km/h

0000: 6:03 min/km

00000/0000: 104 (of 193)

00000/0: 12 (of 32)

000000: 3:42:42

00000: 1(of 2)

0000000: 4:15:29

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| 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 | 20:15 | 6:13 | 1 | - | 22 | 5:52 | 3.25 | 20:15 | 6:13 | 1 | - | 22 | 5:52 |
| 00 2 | 3.25 | 19:20 | 5:56 | 1 | - | 17 | 3:30 | 6.50 | 39:35 | 6:05 | 1 | - | 20 | 9:22 |
| 00 3 | 3.25 | 19:16 | 5:55 | 1 | - | 16 | 3:13 | 9.75 | 58:51 | 6:02 | 1 | - | 19 | 12:35 |
| 00 4 | 3.25 | 19:11 | 5:54 | 1 | - | 16 | 2:45 | 13.00 | 1:18:02 | 6:00 | 1 | - | 18 | 14:59 |
| 00 5 | 3.25 | 19:22 | 5:57 | 1 | - | 14 | 2:47 | 16.25 | 1:37:24 | 5:59 | 1 | - | 17 | 16:29 |
| 00 6 | 3.25 | 20:14 | 6:13 | 2 | 0:07 | 19 | 3:24 | 19.50 | 1:57:38 | 6:01 | 1 | - | 18 | 19:26 |
| 00 7 | 3.25 | 19:04 | 5:51 | 1 | - | 7 | 2:09 | 22.75 | 2:16:42 | 6:00 | 1 | - | 16 | 21:35 |
| 00 8 | 3.25 | 19:33 | 6:00 | 1 | - | 11 | 2:15 | 26.00 | 2:36:15 | 6:00 | 1 | - | 15 | 23:50 |
| 00 9 | 3.25 | 19:46 | 6:04 | 1 | - | 10 | 2:04 | 29.25 | 2:56:01 | 6:01 | 1 | - | 13 | 25:54 |
| 00 10 | 3.25 | 19:36 | 6:01 | 1 | - | 11 | 1:35 | 32.50 | 3:15:37 | 6:01 | 1 | - | 13 | 27:29 |
| 00 11 | 3.25 | 20:08 | 6:11 | 1 | - | 11 | 2:25 | 35.75 | 3:35:45 | 6:02 | 1 | - | 13 | 29:26 |
| 00 12 | 3.25 | 20:21 | 6:15 | 1 | - | 11 | 2:43 | 39.00 | 3:56:06 | 6:03 | 1 | - | 13 | 31:26 |
| 000 00 | 3.25 | 19:23 | 5:57 | 1 | - | 8 | 2:08 | 42.25 | 4:15:29 | 6:02 | 1 | - | 12 | 32:47 |