



13. Kristall-Marathon

Merkers / 17.02.2019

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Friis, Lone

□□: Klub 100 Marathon

□□: 653

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 4:22:40

□□: 9.65 km/h

□□□□: 6:13 min/km

□□□□□/□□□: 119 (of 193)

□□□□□/□: 14 (of 32)

□□□□□□: 3:42:42

□□□□□: 3(of 3)

□□□□□□□: 3:58:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:20	5:56	3	2:41	18	4:57	3.25	19:20	5:56	3	2:41	18	4:57	
□□ 2	3.25	19:26	5:58	3	1:48	19	3:36	6.50	38:46	5:57	3	4:24	18	8:33	
□□ 3	3.25	19:22	5:57	3	1:49	17	3:19	9.75	58:08	5:57	3	5:43	18	11:52	
□□ 4	3.25	19:47	6:05	3	2:12	18	3:21	13.00	1:17:55	5:59	3	6:59	17	14:52	
□□ 5	3.25	19:38	6:02	3	1:54	16	3:03	16.25	1:37:33	6:00	3	8:18	18	16:38	
□□ 6	3.25	19:45	6:04	3	1:54	15	2:55	19.50	1:57:18	6:00	3	10:12	17	19:06	
□□ 7	3.25	19:43	6:03	3	1:43	15	2:48	22.75	2:17:01	6:01	3	11:55	17	21:54	
□□ 8	3.25	20:48	6:24	3	2:19	17	3:30	26.00	2:37:49	6:04	3	14:14	17	25:24	
□□ 9	3.25	20:56	6:26	3	2:26	14	3:14	29.25	2:58:45	6:06	3	16:40	17	28:38	
□□ 10	3.25	21:10	6:30	3	2:21	17	3:09	32.50	3:19:55	6:09	3	19:01	14	31:47	
□□ 11	3.25	21:10	6:30	3	2:24	16	3:27	35.75	3:41:05	6:11	3	21:25	14	34:46	
□□ 12	3.25	21:01	6:28	3	2:08	15	3:23	39.00	4:02:06	6:12	3	23:33	14	37:26	
□□□ □□	3.25	20:34	6:19	3	2:45	15	3:19	42.25	4:22:40	6:13	3	24:26	14	39:58	