



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Sax, Almuth

□□: TV Urbar

□□: 786

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 4:35:05

□□: 9.22 km/h

□□□□: 6:31 min/km

□□□□□/□□□: 144 (of 193)

□□□□□/□: 20 (of 32)

□□□□□□: 3:42:42

□□□□□: 2 (of 4)

□□□□□□□: 4:08:06

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:07	6:29	3	2:41	28	6:44	3.25	21:07	6:29	3	2:41	28	6:44	
□□ 2	3.25	20:16	6:14	3	1:56	24	4:26	6.50	41:23	6:21	3	4:37	26	11:10	
□□ 3	3.25	20:28	6:17	3	2:28	22	4:25	9.75	1:01:51	6:20	3	7:05	24	15:35	
□□ 4	3.25	20:25	6:16	2	2:07	21	3:59	13.00	1:22:16	6:19	3	9:12	23	19:13	
□□ 5	3.25	20:28	6:17	2	2:14	20	3:53	16.25	1:42:44	6:19	3	11:26	23	21:49	
□□ 6	3.25	20:06	6:11	2	1:27	17	3:16	19.50	2:02:50	6:17	3	12:53	22	24:38	
□□ 7	3.25	20:16	6:14	2	1:22	18	3:21	22.75	2:23:06	6:17	3	14:15	22	27:59	
□□ 8	3.25	20:35	6:19	2	1:11	16	3:17	26.00	2:43:41	6:17	3	15:26	21	31:16	
□□ 9	3.25	23:08	7:07	3	3:01	25	5:26	29.25	3:06:49	6:23	3	18:27	22	36:42	
□□ 10	3.25	21:07	6:29	2	1:37	16	3:06	32.50	3:27:56	6:23	2	20:04	20	39:48	
□□ 11	3.25	21:54	6:44	2	1:56	17	4:11	35.75	3:49:50	6:25	2	22:00	20	43:31	
□□ 12	3.25	23:14	7:08	3	2:44	22	5:36	39.00	4:13:04	6:29	2	24:44	20	48:24	
□□□ □□	3.25	22:01	6:46	2	2:15	18	4:46	42.25	4:35:05	6:30	2	26:59	20	52:23	