



13. Kristall-Marathon

Merkers / 17.02.2019

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Hellmann, Rita

□□: VfB Salzkotten

□□: 676

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W60 (60-64 Jahre)

□□□: 4:42:25

□□: 8.98 km/h

□□□□: 6:41 min/km

□□□□□/□□□□: 157 (of 193)

□□□□□/□: 23 (of 32)

□□□□□□: 3:42:42

□□□□□: 2 (of 2)

□□□□□□□: 4:15:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	20:15	6:13	1	-	22	5:52	3.25	20:15	6:13	1	-	22	5:52	
□□ 2	3.25	19:38	6:02	2	0:18	21	3:48	6.50	39:53	6:08	2	0:18	22	9:40	
□□ 3	3.25	19:37	6:02	2	0:21	19	3:34	9.75	59:30	6:06	2	0:39	21	13:14	
□□ 4	3.25	19:58	6:08	2	0:47	19	3:32	13.00	1:19:28	6:06	2	1:26	20	16:25	
□□ 5	3.25	20:08	6:11	2	0:46	18	3:33	16.25	1:39:36	6:07	2	2:12	20	18:41	
□□ 6	3.25	20:07	6:11	1	-	18	3:17	19.50	1:59:43	6:08	2	2:05	19	21:31	
□□ 7	3.25	20:24	6:16	2	1:20	19	3:29	22.75	2:20:07	6:09	2	3:25	19	25:00	
□□ 8	3.25	21:29	6:36	2	1:56	20	4:11	26.00	2:41:36	6:12	2	5:21	19	29:11	
□□ 9	3.25	22:41	6:58	2	2:55	23	4:59	29.25	3:04:17	6:18	2	8:16	19	34:10	
□□ 10	3.25	24:15	7:27	2	4:39	26	6:14	32.50	3:28:32	6:24	2	12:55	22	40:24	
□□ 11	3.25	24:16	7:28	2	4:08	26	6:33	35.75	3:52:48	6:30	2	17:03	22	46:29	
□□ 12	3.25	23:39	7:16	2	3:18	23	6:01	39.00	4:16:27	6:34	2	20:21	22	51:47	
□□□ □□	3.25	25:58	7:59	2	6:35	28	8:43	42.25	4:42:25	6:41	2	26:56	23	59:43	