



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Karklis, Ute

□□: Teuto Run and Fun / Pummelantin

□□: 695

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W50 (50-54 Jahre)

□□□: 4:43:16

□□: 8.90 km/h

□□□□: 6:42 min/km

□□□□□/□□□: 160 (of 193)

□□□□□/□: 25 (of 32)

□□□□□□: 3:42:42

□□□□□: 3(of 4)

□□□□□□□: 4:08:06

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	19:47	6:05	2	1:21	19	5:24	3.25	19:47	6:05	2	1:21	19	5:24	
□□ 2	3.25	19:25	5:58	2	1:05	18	3:35	6.50	39:12	6:01	2	2:26	19	8:59	
□□ 3	3.25	19:46	6:04	2	1:46	20	3:43	9.75	58:58	6:02	2	4:12	20	12:42	
□□ 4	3.25	20:35	6:19	3	2:17	23	4:09	13.00	1:19:33	6:07	2	6:29	21	16:30	
□□ 5	3.25	20:31	6:18	3	2:17	21	3:56	16.25	1:40:04	6:09	2	8:46	21	19:09	
□□ 6	3.25	20:47	6:23	3	2:08	22	3:57	19.50	2:00:51	6:11	2	10:54	21	22:39	
□□ 7	3.25	21:12	6:31	3	2:18	21	4:17	22.75	2:22:03	6:14	2	13:12	20	26:56	
□□ 8	3.25	21:17	6:32	3	1:53	19	3:59	26.00	2:43:20	6:16	2	15:05	20	30:55	
□□ 9	3.25	22:06	6:48	2	1:59	20	4:24	29.25	3:05:26	6:20	2	17:04	21	35:19	
□□ 10	3.25	24:38	7:34	4	5:08	28	6:37	32.50	3:30:04	6:27	3	22:12	24	41:56	
□□ 11	3.25	23:21	7:11	4	3:23	22	5:38	35.75	3:53:25	6:31	3	25:35	23	47:06	
□□ 12	3.25	23:59	7:22	4	3:29	26	6:21	39.00	4:17:24	6:35	3	29:04	23	52:44	
□□□ □□	3.25	25:52	7:57	4	6:06	27	8:37	42.25	4:43:16	6:42	3	35:10	25	1:00:34	