



13. Kristall-Marathon

Merkers / 17.02.2019

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Wagner, Sabine

□□: LT Alt-Erkrath

□□: 837

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 4:59:50

□□: 8.40 km/h

□□□□: 7:06 min/km

□□□□□/□□□□: 180 (of 193)

□□□□□/□: 30 (of 32)

□□□□□□: 3:42:42

□□□□□: 5(of 7)

□□□□□□□: 3:55:15

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:15	6:32	7	3:41	31	6:52	3.25	21:15	6:32	7	3:41	31	6:52	
□□ 2	3.25	20:26	6:17	5	2:30	26	4:36	6.50	41:41	6:24	6	6:11	29	11:28	
□□ 3	3.25	20:39	6:21	5	2:24	25	4:36	9.75	1:02:20	6:23	5	8:35	26	16:04	
□□ 4	3.25	20:54	6:25	5	2:49	25	4:28	13.00	1:23:14	6:24	5	11:01	26	20:11	
□□ 5	3.25	21:40	6:40	5	3:34	27	5:05	16.25	1:44:54	6:27	5	13:19	25	23:59	
□□ 6	3.25	22:34	6:56	5	5:00	30	5:44	19.50	2:07:28	6:32	5	18:19	28	29:16	
□□ 7	3.25	22:02	6:46	5	4:06	28	5:07	22.75	2:29:30	6:34	5	22:25	28	34:23	
□□ 8	3.25	22:56	7:03	5	5:05	28	5:38	26.00	2:52:26	6:37	5	27:30	28	40:01	
□□ 9	3.25	24:04	7:24	6	6:03	30	6:22	29.25	3:16:30	6:43	5	33:33	28	46:23	
□□ 10	3.25	24:41	7:35	6	6:34	29	6:40	32.50	3:41:11	6:48	5	40:07	28	53:03	
□□ 11	3.25	26:08	8:02	7	8:25	30	8:25	35.75	4:07:19	6:55	5	48:32	29	1:01:00	
□□ 12	3.25	26:22	8:06	5	7:49	29	8:44	39.00	4:33:41	7:01	5	56:21	29	1:09:01	
□□□ □□	3.25	26:09	8:02	5	8:14	29	8:54	42.25	4:59:50	7:05	5	1:04:35	30	1:17:08	