



13. Kristall-Marathon

Merkers / 17.02.2019

□□□□

Fender, Birgit

□□: marathon4you.de

□□: 643

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 5:15:53

□□: 7.98 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 189 (of 193)

□□□□□/□: 32 (of 32)

□□□□□□: 3:42:42

□□□□□: 7(of 7)

□□□□□□□: 3:55:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:10	6:30	6	3:36	29	6:47	3.25	21:10	6:30	6	3:36	29	6:47	
□□ 2	3.25	21:58	6:45	7	4:02	31	6:08	6.50	43:08	6:38	7	7:38	31	12:55	
□□ 3	3.25	22:17	6:51	7	4:02	31	6:14	9.75	1:05:25	6:42	7	11:40	31	19:09	
□□ 4	3.25	22:46	7:00	7	4:41	32	6:20	13.00	1:28:11	6:46	7	15:58	31	25:08	
□□ 5	3.25	23:04	7:05	7	4:58	32	6:29	16.25	1:51:15	6:50	7	19:40	32	30:20	
□□ 6	3.25	23:35	7:15	7	6:01	32	6:45	19.50	2:14:50	6:54	7	25:41	32	36:38	
□□ 7	3.25	24:25	7:30	7	6:29	32	7:30	22.75	2:39:15	7:00	7	32:10	32	44:08	
□□ 8	3.25	25:46	7:55	7	7:55	32	8:28	26.00	3:05:01	7:06	7	40:05	32	52:36	
□□ 9	3.25	26:11	8:03	7	8:10	32	8:29	29.25	3:31:12	7:13	7	48:15	32	1:01:05	
□□ 10	3.25	26:10	8:03	7	8:03	31	8:09	32.50	3:57:22	7:18	7	56:18	32	1:09:14	
□□ 11	3.25	25:02	7:42	5	7:19	28	7:19	35.75	4:22:24	7:20	7	1:03:37	32	1:16:05	
□□ 12	3.25	26:22	8:06	5	7:49	29	8:44	39.00	4:48:46	7:24	7	1:11:26	32	1:24:06	
□□□ □□	3.25	27:07	8:20	7	9:12	31	9:52	42.25	5:15:53	7:28	7	1:20:38	32	1:33:11	