



# 14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Timm, Jana

□□: LAV Halensia

□□: 527

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:16:51

□□: 9.65 km/h

□□□□: 6:01 min/km

□□□□□/□□□: 132 (of 244)

□□□□□/□: 29 (of 67)

□□□□□□: 1:47:05

□□□□□: 7(of 15)

□□□□□□□: 1:49:59

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1   | 3.25     | 17:40    | 5:26         | 6       | 3:17    | 24      | 3:17    | 3.25  | 17:40     | 5:26      | 6             | 3:17    | 24      | 3:17    |         |
| □□ 2   | 3.25     | 19:19    | 5:56         | 8       | 4:24    | 31      | 4:24    | 6.50  | 36:59     | 5:41      | 7             | 7:41    | 27      | 7:41    |         |
| □□ 3   | 3.25     | 19:51    | 6:06         | 8       | 4:19    | 32      | 4:53    | 9.75  | 56:50     | 5:49      | 8             | 12:00   | 30      | 12:33   |         |
| □□ 4   | 3.25     | 19:41    | 6:03         | 7       | 3:54    | 30      | 4:16    | 13.00 | 1:16:31   | 5:53      | 8             | 15:54   | 30      | 16:49   |         |
| □□ 5   | 3.25     | 20:07    | 6:11         | 8       | 3:58    | 30      | 4:23    | 16.25 | 1:36:38   | 5:56      | 8             | 19:48   | 31      | 21:06   |         |
| □□ 6   | 3.25     | 20:24    | 6:16         | 6       | 4:21    | 28      | 4:51    | 19.50 | 1:57:02   | 6:00      | 7             | 23:40   | 30      | 25:39   |         |
| □□□ □□ | 3.25     | 19:49    | 6:05         | 6       | 3:40    | 27      | 4:40    | 22.75 | 2:16:51   | 6:00      | 7             | 26:52   | 29      | 29:46   |         |