



14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Theunißen, Tanja

□□: LC Duisburg

□□: 811

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 2:39:12

□□: 8.29 km/h

□□□□: 7:00 min/km

□□□□□/□□□□: 200 (of 244)

□□□□□/□: 47 (of 67)

□□□□□□: 1:47:05

□□□□□: 11(of 15)

□□□□□□□: 1:49:59

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| □□ 1 | 3.25 | 21:06 | 6:29 | 10 | 6:43 | 53 | 6:43 | 3.25 | 21:06 | 6:29 | 10 | 6:43 | 53 | 6:43 | |
| □□ 2 | 3.25 | 21:53 | 6:44 | 11 | 6:58 | 50 | 6:58 | 6.50 | 42:59 | 6:36 | 11 | 13:41 | 51 | 13:41 | |
| □□ 3 | 3.25 | 22:11 | 6:49 | 11 | 6:39 | 48 | 7:13 | 9.75 | 1:05:10 | 6:41 | 11 | 20:20 | 50 | 20:53 | |
| □□ 4 | 3.25 | 23:49 | 7:19 | 11 | 8:02 | 53 | 8:24 | 13.00 | 1:28:59 | 6:50 | 11 | 28:22 | 50 | 29:17 | |
| □□ 5 | 3.25 | 23:08 | 7:07 | 11 | 6:59 | 46 | 7:24 | 16.25 | 1:52:07 | 6:53 | 11 | 35:17 | 48 | 36:35 | |
| □□ 6 | 3.25 | 23:34 | 7:15 | 11 | 7:31 | 49 | 8:01 | 19.50 | 2:15:41 | 6:57 | 11 | 42:19 | 48 | 44:18 | |
| □□□ □□ | 3.25 | 23:31 | 7:14 | 11 | 7:22 | 49 | 8:22 | 22.75 | 2:39:12 | 6:59 | 11 | 49:13 | 47 | 52:07 | |