



# 14. Kristall-Marathon

Merkers / 16.02.2020

□□□□

Degner, Katja

□□: CaBaS CaBaNauTeN

□□: 325

□□: 22.75 km

Halbmarathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 3:24:40

□□: 6.67 km/h

□□□□: 9:00 min/km

□□□□□/□□□: 235 (of 244)

□□□□□/□: 64 (of 67)

□□□□□□: 1:47:05

□□□□□: 13(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     | 27:05    | 8:19         | 15      | 12:42   | 67      | 12:42   | 3.25  | 27:05     | 8:19      | 15            | 12:42   | 67      | 12:42   |         |
| □□ 2   | 3.25     | 27:47    | 8:32         | 15      | 12:52   | 67      | 12:52   | 6.50  | 54:52     | 8:26      | 15            | 25:34   | 67      | 25:34   |         |
| □□ 3   | 3.25     | 28:19    | 8:42         | 15      | 12:47   | 67      | 13:21   | 9.75  | 1:23:11   | 8:31      | 15            | 38:21   | 67      | 38:54   |         |
| □□ 4   | 3.25     | 28:41    | 8:49         | 14      | 12:54   | 66      | 13:16   | 13.00 | 1:51:52   | 8:36      | 14            | 51:15   | 66      | 52:10   |         |
| □□ 5   | 3.25     | 29:46    | 9:09         | 12      | 13:37   | 64      | 14:02   | 16.25 | 2:21:38   | 8:42      | 13            | 1:04:48 | 65      | 1:06:06 |         |
| □□ 6   | 3.25     | 32:46    | 10:04        | 13      | 16:43   | 64      | 17:13   | 19.50 | 2:54:24   | 8:56      | 13            | 1:21:02 | 64      | 1:23:01 |         |
| □□□ □□ | 3.25     | 30:16    | 9:18         | 12      | 14:07   | 63      | 15:07   | 22.75 | 3:24:40   | 8:59      | 13            | 1:34:41 | 64      | 1:37:35 |         |