



14. Kristall-Marathon

Merkers / 16.02.2020

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Horn, Melanie

□□: SC Oberlahn

□□: 679

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W40 (40-44 Jahre)

□□□: 4:11:54

□□: 10.00 km/h

□□□□: 5:58 min/km

□□□□□/□□□□: 81 (of 185)

□□□□□□/□: 6 (of 24)

□□□□□□: 3:31:50

□□□□□: 1(of 3)

□□□□□□□: 4:11:54

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	17:01	5:14	1	-	4	1:31	3.25	17:01	5:14	1	-	4	1:31	
□□ 2	3.25	18:03	5:33	1	-	6	2:13	6.50	35:04	5:23	1	-	5	3:42	
□□ 3	3.25	18:04	5:33	1	-	6	2:03	9.75	53:08	5:26	1	-	5	5:45	
□□ 4	3.25	18:11	5:35	1	-	5	1:42	13.00	1:11:19	5:29	1	-	5	7:27	
□□ 5	3.25	18:23	5:39	1	-	5	2:15	16.25	1:29:42	5:31	1	-	5	9:42	
□□ 6	3.25	19:03	5:51	1	-	7	2:41	19.50	1:48:45	5:34	1	-	5	12:07	
□□ 7	3.25	19:19	5:56	1	-	7	3:00	22.75	2:08:04	5:37	1	-	5	14:50	
□□ 8	3.25	20:01	6:09	2	0:20	8	3:30	26.00	2:28:05	5:41	1	-	6	18:20	
□□ 9	3.25	20:24	6:16	2	0:12	8	4:20	29.25	2:48:29	5:45	1	-	6	22:40	
□□ 10	3.25	20:42	6:22	1	-	6	4:15	32.50	3:09:11	5:49	1	-	6	26:55	
□□ 11	3.25	20:26	6:17	1	-	6	3:40	35.75	3:29:37	5:51	1	-	6	30:35	
□□ 12	3.25	21:06	6:29	1	-	7	4:25	39.00	3:50:43	5:54	1	-	6	35:00	
□□□ □□	3.25	21:11	6:31	2	0:41	8	5:04	42.25	4:11:54	5:57	1	-	6	40:04	