



14. Kristall-Marathon

Merkers / 16.02.2020

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Schwalbe, Dörte

□□: ESV Lok Zwickau

□□: 793

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 4:40:21

□□: 8.99 km/h

□□□□: 6:38 min/km

□□□□□/□□□□: 136 (of 185)

□□□□□/□: 11 (of 24)

□□□□□□: 3:31:50

□□□□□: 4(of 7)

□□□□□□□: 3:31:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:13	6:31	6	5:43	15	5:43	3.25	21:13	6:31	6	5:43	15	5:43	
□□ 2	3.25	21:28	6:36	6	5:31	16	5:38	6.50	42:41	6:33	6	11:14	16	11:19	
□□ 3	3.25	21:15	6:32	6	4:56	15	5:14	9.75	1:03:56	6:33	6	16:06	15	16:33	
□□ 4	3.25	21:36	6:38	6	5:06	15	5:07	13.00	1:25:32	6:34	6	21:12	15	21:40	
□□ 5	3.25	20:54	6:25	5	4:41	12	4:46	16.25	1:46:26	6:32	6	25:53	15	26:26	
□□ 6	3.25	21:33	6:37	6	5:11	16	5:11	19.50	2:07:59	6:33	6	31:04	15	31:21	
□□ 7	3.25	21:15	6:32	5	4:56	11	4:56	22.75	2:29:14	6:33	6	36:00	14	36:00	
□□ 8	3.25	23:03	7:05	6	6:32	16	6:32	26.00	2:52:17	6:37	6	42:32	16	42:32	
□□ 9	3.25	21:14	6:31	4	5:10	10	5:10	29.25	3:13:31	6:36	6	47:42	15	47:42	
□□ 10	3.25	22:03	6:47	4	5:36	11	5:36	32.50	3:35:34	6:37	6	53:18	14	53:18	
□□ 11	3.25	21:27	6:35	4	4:41	8	4:41	35.75	3:57:01	6:37	6	57:59	13	57:59	
□□ 12	3.25	21:37	6:39	4	4:56	8	4:56	39.00	4:18:38	6:37	4	1:02:55	11	1:02:55	
□□□ □□	3.25	21:43	6:40	4	5:36	9	5:36	42.25	4:40:21	6:38	4	1:08:31	11	1:08:31	