



14. Kristall-Marathon

Merkers / 16.02.2020

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Rockmann, Lana

□□: Ne Wurst geht immer

□□: 769

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 5:23:08

□□: 7.80 km/h

□□□□: 7:39 min/km

□□□□□/□□□: 175 (of 185)

□□□□□/□: 20 (of 24)

□□□□□□: 3:31:50

□□□□□: 7(of 7)

□□□□□□□: 3:31:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	21:00	6:27	5	5:30	14	5:30	3.25	21:00	6:27	5	5:30	14	5:30	
□□ 2	3.25	22:38	6:57	7	6:41	21	6:48	6.50	43:38	6:42	7	12:11	17	12:16	
□□ 3	3.25	24:43	7:36	7	8:24	23	8:42	9.75	1:08:21	7:00	7	20:31	20	20:58	
□□ 4	3.25	26:12	8:03	7	9:42	23	9:43	13.00	1:34:33	7:16	7	30:13	21	30:41	
□□ 5	3.25	24:21	7:29	7	8:08	22	8:13	16.25	1:58:54	7:19	7	38:21	21	38:54	
□□ 6	3.25	24:47	7:37	7	8:25	23	8:25	19.50	2:23:41	7:22	7	46:46	22	47:03	
□□ 7	3.25	24:06	7:24	7	7:47	19	7:47	22.75	2:47:47	7:22	7	54:33	22	54:33	
□□ 8	3.25	24:48	7:37	7	8:17	20	8:17	26.00	3:12:35	7:24	7	1:02:50	22	1:02:50	
□□ 9	3.25	27:14	8:22	7	11:10	22	11:10	29.25	3:39:49	7:30	7	1:14:00	22	1:14:00	
□□ 10	3.25	25:21	7:48	7	8:54	18	8:54	32.50	4:05:10	7:32	7	1:22:54	22	1:22:54	
□□ 11	3.25	26:30	8:09	7	9:44	20	9:44	35.75	4:31:40	7:35	7	1:32:38	21	1:32:38	
□□ 12	3.25	26:06	8:01	7	9:25	21	9:25	39.00	4:57:46	7:38	7	1:42:03	21	1:42:03	
□□□ □□	3.25	25:22	7:48	6	9:15	17	9:15	42.25	5:23:08	7:38	7	1:51:18	20	1:51:18	