



14. Kristall-Marathon

Merkers / 16.02.2020

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Dilling, Daniela

□□: Bad Freienwalde

□□: 624

□□: 42.25 km

Marathon

□□□□:

Seniorinnen W55 (55-59 Jahre)

□□□: 5:24:26

□□: 7.81 km/h

□□□□: 7:41 min/km

□□□□□/□□□□: 176 (of 185)

□□□□□/□: 22 (of 24)

□□□□□□: 3:31:50

□□□□□: 4(of 5)

□□□□□□□: 4:01:13

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
□□ 1	3.25	22:14	6:50	3	4:41	19	6:44	3.25	22:14	6:50	3	4:41	19	6:44	
□□ 2	3.25	22:32	6:56	4	4:37	19	6:42	6.50	44:46	6:53	4	9:18	20	13:24	
□□ 3	3.25	22:58	7:03	4	5:00	20	6:57	9.75	1:07:44	6:56	4	14:18	19	20:21	
□□ 4	3.25	23:18	7:10	3	5:06	19	6:49	13.00	1:31:02	7:00	4	19:24	19	27:10	
□□ 5	3.25	23:55	7:21	4	3:53	20	7:47	16.25	1:54:57	7:04	4	23:17	19	34:57	
□□ 6	3.25	24:17	7:28	4	5:49	21	7:55	19.50	2:19:14	7:08	4	29:06	19	42:36	
□□ 7	3.25	24:50	7:38	4	6:32	23	8:31	22.75	2:44:04	7:12	4	35:38	20	50:50	
□□ 8	3.25	26:26	8:07	4	8:02	23	9:55	26.00	3:10:30	7:19	4	43:40	21	1:00:45	
□□ 9	3.25	27:05	8:19	4	7:44	21	11:01	29.25	3:37:35	7:26	4	51:24	21	1:11:46	
□□ 10	3.25	27:09	8:21	4	9:05	23	10:42	32.50	4:04:44	7:31	4	1:00:29	21	1:22:28	
□□ 11	3.25	28:15	8:41	4	9:06	22	11:29	35.75	4:32:59	7:38	4	1:09:35	23	1:33:57	
□□ 12	3.25	27:51	8:34	4	8:36	22	11:10	39.00	5:00:50	7:42	4	1:18:11	23	1:45:07	
□□□ □□	3.25	23:36	7:15	3	5:02	13	7:29	42.25	5:24:26	7:40	4	1:23:13	22	1:52:36	