



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Zdebik, Rose

Club: SV Birkenhard

Number: 455

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:56:25

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 50 (of 159)

Rank in course/Women: 6 (of 37)

Best time in course: 1:42:13

Rank in category: 1(of 8)

Best time in the category: 1:56:25

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|----------|-------------|-------------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 3.25 | 15:47 | 4:51 | 2 | 1:31 | 6 | 2:30 | 3.25 | 15:47 | 4:51 | 2 | 1:31 | 6 | 2:30 |
| Lap 2 | 3.25 | 16:19 | 5:01 | 2 | 0:51 | 6 | 2:15 | 6.50 | 32:06 | 4:56 | 2 | 2:22 | 6 | 4:45 |
| Lap 3 | 3.25 | 16:26 | 5:03 | 2 | 0:12 | 6 | 2:01 | 9.75 | 48:32 | 4:58 | 2 | 2:34 | 6 | 6:46 |
| Lap 4 | 3.25 | 16:38 | 5:07 | 1 | - | 6 | 1:51 | 13.00 | 1:05:10 | 5:00 | 2 | 2:24 | 6 | 8:37 |
| Lap 5 | 3.25 | 16:55 | 5:12 | 1 | - | 6 | 1:58 | 16.25 | 1:22:05 | 5:03 | 2 | 2:00 | 6 | 10:35 |
| Lap 6 | 3.25 | 17:37 | 5:25 | 1 | - | 6 | 2:18 | 19.50 | 1:39:42 | 5:06 | 2 | 1:25 | 6 | 12:53 |
| Last lap Finish | 3.25 | 16:43 | 5:08 | 1 | - | 6 | 1:41 | 22.75 | 1:56:25 | 5:07 | 1 | - | 6 | 14:12 |