



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: 11.34 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