



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Weiß, Susanne

Club: SV Birkenhard

Number: 442

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:04:22

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 69 (of 159)

Rank in course/Women: 11 (of 37)

Best time in course: 1:42:13

Rank in category: 5(of 8)

Best time in the category: 1:56:25

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	17:09	5:16	4	2:53	11	3:52	3.25	17:09	5:16	4	2:53	11	3:52
Lap 2	3.25	17:25	5:21	5	1:57	13	3:21	6.50	34:34	5:19	4	4:50	11	7:13
Lap 3	3.25	17:44	5:27	5	1:30	11	3:19	9.75	52:18	5:21	5	6:20	12	10:32
Lap 4	3.25	18:09	5:35	5	1:31	13	3:22	13.00	1:10:27	5:25	5	7:41	11	13:54
Lap 5	3.25	17:40	5:26	4	0:45	9	2:43	16.25	1:28:07	5:25	5	8:02	11	16:37
Lap 6	3.25	18:06	5:34	4	0:29	10	2:47	19.50	1:46:13	5:26	5	7:56	11	19:24
Last lap Finish	3.25	18:09	5:35	4	1:26	11	3:07	22.75	2:04:22	5:28	5	7:57	11	22:09