



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: 10.61 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 |