



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Rieder, Susann

Club: Erfurt
Number: 399

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 2:29:15

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course/Total: 130 (of 159)

Rank in course/Women: 26 (of 37)

Best time in course: 1:42:13

Rank in category: 3(of 4)

Best time in the category: 1:56:21

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	19:30	6:00	3	3:10	27	6:13	3.25	19:30	6:00	3	3:10	27	6:13
Lap 2	3.25	20:25	6:16	3	3:43	26	6:21	6.50	39:55	6:08	3	6:53	26	12:34
Lap 3	3.25	21:00	6:27	3	3:48	26	6:35	9.75	1:00:55	6:14	3	10:41	26	19:09
Lap 4	3.25	21:43	6:40	3	5:25	27	6:56	13.00	1:22:38	6:21	3	16:06	26	26:05
Lap 5	3.25	21:49	6:42	3	5:12	25	6:52	16.25	1:44:27	6:25	3	21:18	26	32:57
Lap 6	3.25	22:16	6:51	3	5:30	27	6:57	19.50	2:06:43	6:29	3	26:48	26	39:54
Last lap Finish	3.25	22:32	6:56	3	6:06	26	7:30	22.75	2:29:15	6:33	3	32:54	26	47:02