



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Littwin, Gabi

Club: Lippehasen Dorsten

Number: 578

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:39:37

Speed: 8.55 km/h

Running performance: 7:01 min/km

Rank in course/Total: 143 (of 159)

Rank in course/Women: 30 (of 37)

Best time in course: 1:42:13

Rank in category: 2(of 2)

Best time in the category: 2:14:32

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	22:44	6:59	2	4:22	36	9:27	3.25	22:44	6:59	2	4:22	36	9:27
Lap 2	3.25	21:28	6:36	2	2:45	31	7:24	6.50	44:12	6:48	2	7:07	34	16:51
Lap 3	3.25	21:26	6:35	2	2:12	29	7:01	9.75	1:05:38	6:43	2	9:19	32	23:52
Lap 4	3.25	21:53	6:44	2	2:41	28	7:06	13.00	1:27:31	6:43	2	12:00	30	30:58
Lap 5	3.25	22:53	7:02	2	3:23	30	7:56	16.25	1:50:24	6:47	2	15:23	30	38:54
Lap 6	3.25	23:47	7:19	2	4:03	30	8:28	19.50	2:14:11	6:52	2	19:26	30	47:22
Last lap Finish	3.25	25:26	7:49	2	5:39	35	10:24	22.75	2:39:37	7:00	2	25:05	30	57:24