



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Elsner, Steffi

Club: Hoppegarten

Number: 527

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:03:34

Speed: 10.35 km/h

Running performance: 5:46 min/km

Rank in course/Total: 57 (of 119)

Rank in course/Women: 3 (of 12)

Best time in course: 3:46:38

Rank in category: 1(of 2)

Best time in the category: 4:03:34

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Lap 1	3.25	17:38	5:25	1	-	5	2:34	3.25	17:38	5:25	1	-	5	2:34
Lap 2	3.25	16:52	5:11	1	-	3	0:49	6.50	34:30	5:18	1	-	3	3:23
Lap 3	3.25	17:09	5:16	1	-	3	0:42	9.75	51:39	5:17	1	-	3	4:05
Lap 4	3.25	17:28	5:22	1	-	3	0:52	13.00	1:09:07	5:18	1	-	3	4:53
Lap 5	3.25	17:19	5:19	1	-	3	0:31	16.25	1:26:26	5:19	1	-	3	5:19
Lap 6	3.25	17:47	5:28	1	-	3	0:35	19.50	1:44:13	5:20	1	-	3	5:54
Lap 7	3.25	18:25	5:40	1	-	4	0:58	22.75	2:02:38	5:23	1	-	3	6:41
Lap 8	3.25	18:53	5:48	1	-	4	1:20	26.00	2:21:31	5:26	1	-	3	7:28
Lap 9	3.25	19:19	5:56	1	-	3	1:32	29.25	2:40:50	5:29	1	-	3	8:35
Lap 10	3.25	19:24	5:58	1	-	4	0:57	32.50	3:00:14	5:32	1	-	3	9:32
Lap 11	3.25	20:35	6:19	1	-	5	1:41	35.75	3:20:49	5:37	1	-	3	11:00
Lap 12	3.25	21:08	6:30	1	-	6	2:03	39.00	3:41:57	5:41	1	-	3	13:03
Last lap Finish	3.25	21:37	6:39	2	1:00	7	3:53	42.25	4:03:34	5:45	1	-	3	16:56