



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

**Gasa, Carola**

Club: SV Mihla

Number: 534

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:13:02

Speed: 9.96 km/h

Running performance: 5:59 min/km

Rank in course/Total: 72 (of 119)

Rank in course/Women: 6 (of 12)

Best time in course: 3:46:38

Rank in category: 1(of 2)

Best time in the category: 4:13:02

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	18:33	5:42	1	-	7	3:29	3.25	18:33	5:42	1	-	7	3:29
Lap 2	3.25	18:25	5:40	1	-	7	2:22	6.50	36:58	5:41	1	-	7	5:51
Lap 3	3.25	18:19	5:38	1	-	7	1:52	9.75	55:17	5:40	1	-	7	7:43
Lap 4	3.25	19:26	5:58	1	-	7	2:50	13.00	1:14:43	5:44	1	-	7	10:29
Lap 5	3.25	19:10	5:53	1	-	7	2:22	16.25	1:33:53	5:46	1	-	7	12:46
Lap 6	3.25	18:49	5:47	1	-	7	1:37	19.50	1:52:42	5:46	1	-	7	14:23
Lap 7	3.25	19:16	5:55	1	-	7	1:49	22.75	2:11:58	5:48	1	-	7	16:01
Lap 8	3.25	19:52	6:06	1	-	7	2:19	26.00	2:31:50	5:50	1	-	7	17:47
Lap 9	3.25	19:44	6:04	1	-	5	1:57	29.25	2:51:34	5:51	1	-	7	19:19
Lap 10	3.25	19:59	6:08	1	-	6	1:32	32.50	3:11:33	5:53	1	-	7	20:51
Lap 11	3.25	20:38	6:20	1	-	6	1:44	35.75	3:32:11	5:56	1	-	6	22:22
Lap 12	3.25	19:55	6:07	1	-	3	0:50	39.00	3:52:06	5:57	1	-	6	23:12
Last lap Finish	3.25	20:56	6:26	1	-	6	3:12	42.25	4:13:02	5:59	1	-	6	26:24