



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Ratzlow, Cordula

Club: Kath. Laufjugend Arnstadt
Number: 609

Course: 42.25 km
Marathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 4:46:58

Speed: 8.78 km/h
Running performance: 6:47 min/km

Rank in course/Total: 108 (of 119)

Rank in course/Women: 9 (of 12)

Best time in course: 3:46:38

Rank in category: 2(of 2)

Best time in the category: 4:13:02

Control	Intermediate times			Stage score				Total ranking						
	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	19:28	5:59	2	0:55	9	4:24	3.25	19:28	5:59	2	0:55	9	4:24
Lap 2	3.25	20:32	6:19	2	2:07	10	4:29	6.50	40:00	6:09	2	3:02	8	8:53
Lap 3	3.25	20:40	6:21	2	2:21	11	4:13	9.75	1:00:40	6:13	2	5:23	8	13:06
Lap 4	3.25	21:02	6:28	2	1:36	8	4:26	13.00	1:21:42	6:17	2	6:59	8	17:28
Lap 5	3.25	21:08	6:30	2	1:58	9	4:20	16.25	1:42:50	6:19	2	8:57	8	21:43
Lap 6	3.25	21:52	6:43	2	3:03	11	4:40	19.50	2:04:42	6:23	2	12:00	8	26:23
Lap 7	3.25	22:06	6:48	2	2:50	9	4:39	22.75	2:26:48	6:27	2	14:50	9	30:51
Lap 8	3.25	22:32	6:56	2	2:40	10	4:59	26.00	2:49:20	6:30	2	17:30	9	35:17
Lap 9	3.25	22:58	7:03	2	3:14	10	5:11	29.25	3:12:18	6:34	2	20:44	9	40:03
Lap 10	3.25	23:47	7:19	2	3:48	9	5:20	32.50	3:36:05	6:38	2	24:32	9	45:23
Lap 11	3.25	24:24	7:30	2	3:46	8	5:30	35.75	4:00:29	6:43	2	28:18	9	50:40
Lap 12	3.25	23:39	7:16	2	3:44	9	4:34	39.00	4:24:08	6:46	2	32:02	9	55:14
Last lap Finish	3.25	22:50	7:01	2	1:54	9	5:06	42.25	4:46:58	6:47	2	33:56	9	1:00:20