



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

ZDEBIK, Rose

Club: SV Birkenhard

Number: 354

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:50:33

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 26 (of 149)

Rank in course/Women: 2 (of 35)

Best time in course: 1:49:12

Rank in category: 1(of 4)

Best time in the category: 1:50:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	15:24	4:44	1	-	4	0:57	3.25	15:24	4:44	1	-	4	0:57
Lap 2	3.25	15:33	4:47	1	-	3	0:45	6.50	30:57	4:45	1	-	4	1:42
Lap 3	3.25	15:44	4:50	1	-	2	0:27	9.75	46:41	4:47	1	-	3	2:09
Lap 4	3.25	15:51	4:52	1	-	2	0:11	13.00	1:02:32	4:48	1	-	2	2:20
Lap 5	3.25	16:14	4:59	1	-	2	0:09	16.25	1:18:46	4:50	1	-	2	2:29
Lap 6	3.25	15:50	4:52	1	-	1	-	19.50	1:34:36	4:51	1	-	2	2:06
Last lap Finish	3.25	15:57	4:54	1	-	1	-	22.75	1:50:33	4:51	1	-	2	1:21