



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

PFAHLBUSCH, Elfgard

Club: Sportshop-Triathlon Team

Number: 102

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:37:09

Speed: 8.40 km/h

Running performance: 6:55 min/km

Rank in course/Total: 128 (of 149)

Rank in course/Women: 26 (of 35)

Best time in course: 1:49:12

Rank in category: 10(of 10)

Best time in the category: 1:58:21

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	19:34	6:01	9	3:40	22	5:07	3.25	19:34	6:01	9	3:40	22	5:07
Lap 2	3.25	20:43	6:22	10	4:09	24	5:55	6.50	40:17	6:11	9	7:49	23	11:02
Lap 3	3.25	23:05	7:06	10	5:57	31	7:48	9.75	1:03:22	6:29	10	13:46	27	18:50
Lap 4	3.25	22:31	6:55	10	5:35	27	6:51	13.00	1:25:53	6:36	10	19:21	27	25:41
Lap 5	3.25	22:40	6:58	10	5:19	26	6:35	16.25	1:48:33	6:40	10	24:40	26	32:16
Lap 6	3.25	25:12	7:45	10	7:44	31	9:22	19.50	2:13:45	6:51	10	32:24	28	41:15
Last lap Finish	3.25	23:24	7:11	8	6:24	23	7:27	22.75	2:37:09	6:54	10	38:48	26	47:57