



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RÜHL, Lidia

Club: LT-HEMSBACH

Number: 482

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 3:05:22

Speed: 7.12 km/h

Running performance: 8:09 min/km

Rank in course/Total: 244 (of 261)

Rank in course/Women: 39 (of 46)

Best time in course: 1:46:29

Rank in category: 2(of 2)

Best time in the category: 2:28:51

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	23:50	7:19	2	2:27	40	10:39	3.25	23:50	7:19	2	2:27	40	10:39
Lap 2	3.25	25:37	7:52	2	5:06	41	11:25	6.50	49:27	7:36	2	7:33	40	22:04
Lap 3	3.25	27:59	8:36	2	5:56	43	13:06	9.75	1:17:26	7:56	2	13:29	42	35:10
Lap 4	3.25	27:04	8:19	2	5:14	42	11:48	13.00	1:44:30	8:02	2	18:43	41	46:58
Lap 5	3.25	27:03	8:19	2	5:56	38	11:18	16.25	2:11:33	8:05	2	24:39	41	58:08
Lap 6	3.25	27:06	8:20	2	6:14	37	10:59	19.50	2:38:39	8:08	2	30:53	41	1:08:35
Last lap Finish	3.25	26:43	8:13	2	5:38	33	11:08	22.75	3:05:22	8:08	2	36:31	39	1:18:53