



# 12. Kristall-Marathon

Merkers / 18.02.2018

## Detailed evaluation

**GASA, Carola**

Club: SV Mihla

Number: 643

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:10:10

Speed: 10.07 km/h

Running performance: 5:55 min/km

Rank in course/Total: 81 (of 168)

Rank in course/Women: 6 (of 24)

Best time in course: 3:38:45

Rank in category: 1(of 3)

Best time in the category: 4:10:10

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	17:35	5:24	2	0:01	10	2:43	3.25	17:35	5:24	2	0:01	10	2:43
Lap 2	3.25	18:12	5:35	1	-	11	2:49	6.50	35:47	5:30	1	-	10	5:32
Lap 3	3.25	19:04	5:51	1	-	11	3:30	9.75	54:51	5:37	1	-	10	9:02
Lap 4	3.25	18:16	5:37	1	-	8	2:16	13.00	1:13:07	5:37	1	-	10	11:18
Lap 5	3.25	19:28	5:59	1	-	11	3:32	16.25	1:32:35	5:41	1	-	11	14:19
Lap 6	3.25	20:11	6:12	1	-	11	3:33	19.50	1:52:46	5:46	1	-	11	17:36
Lap 7	3.25	18:48	5:47	1	-	7	2:14	22.75	2:11:34	5:46	1	-	10	19:50
Lap 8	3.25	18:30	5:41	1	-	6	1:50	26.00	2:30:04	5:46	1	-	10	21:40
Lap 9	3.25	19:48	6:05	1	-	6	3:07	29.25	2:49:52	5:48	1	-	9	24:15
Lap 10	3.25	19:11	5:54	1	-	5	2:34	32.50	3:09:03	5:49	1	-	6	25:23
Lap 11	3.25	22:25	6:53	2	0:01	11	4:58	35.75	3:31:28	5:54	1	-	9	28:32
Lap 12	3.25	20:03	6:10	1	-	6	1:48	39.00	3:51:31	5:56	1	-	8	29:48
Last lap Finish	3.25	18:39	5:44	1	-	4	1:37	42.25	4:10:10	5:55	1	-	6	31:25