



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

PLÖTZ, Sybille

Club: Laufen und Helfen

Number: 752

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:41:19

Speed: 8.96 km/h

Running performance: 6:40 min/km

Rank in course/Total: 128 (of 168)

Rank in course/Women: 13 (of 24)

Best time in course: 3:38:45

Rank in category: 2(of 5)

Best time in the category: 4:11:42

Intermediate times

Stage score

Total ranking

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	19:31	6:00	2	3:29	15	4:39	3.25	19:31	6:00	2	3:29	15	4:39
Lap 2	3.25	21:12	6:31	5	4:26	23	5:49	6.50	40:43	6:15	3	7:55	16	10:28
Lap 3	3.25	21:29	6:36	4	4:35	22	5:55	9.75	1:02:12	6:22	4	12:30	21	16:23
Lap 4	3.25	21:30	6:36	4	4:34	22	5:30	13.00	1:23:42	6:26	4	17:04	21	21:53
Lap 5	3.25	21:56	6:44	4	4:54	22	6:00	16.25	1:45:38	6:30	4	21:58	21	27:22
Lap 6	3.25	22:14	6:50	5	5:07	21	5:36	19.50	2:07:52	6:33	4	27:05	21	32:42
Lap 7	3.25	21:56	6:44	3	4:23	16	5:22	22.75	2:29:48	6:35	4	31:28	21	38:04
Lap 8	3.25	21:59	6:45	2	2:45	12	5:19	26.00	2:51:47	6:36	4	34:13	20	43:23
Lap 9	3.25	21:55	6:44	1	-	10	5:14	29.25	3:13:42	6:37	3	25:26	19	48:05
Lap 10	3.25	22:42	6:59	2	1:45	10	6:05	32.50	3:36:24	6:39	3	27:11	18	52:44
Lap 11	3.25	22:12	6:49	2	1:16	9	4:45	35.75	3:58:36	6:40	2	28:27	16	55:40
Lap 12	3.25	21:24	6:35	2	0:21	10	3:09	39.00	4:20:00	6:40	2	28:48	14	58:17
Last lap Finish	3.25	21:19	6:33	2	0:49	10	4:17	42.25	4:41:19	6:39	2	29:37	13	1:02:34