



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

RICHTER, Alexandra

Club: Lauf Team Unna

Number: 764

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:48:34

Speed: 8.73 km/h

Running performance: 6:50 min/km

Rank in course/Total: 136 (of 168)

Rank in course/Women: 18 (of 24)

Best time in course: 3:38:45

Rank in category: 4(of 5)

Best time in the category: 4:11:42

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	20:21	6:15	4	4:19	22	5:29	3.25	20:21	6:15	4	4:19	22	5:29
Lap 2	3.25	19:42	6:03	2	2:56	15	4:19	6.50	40:03	6:09	2	7:15	15	9:48
Lap 3	3.25	19:28	5:59	2	2:34	14	3:54	9.75	59:31	6:06	2	9:49	15	13:42
Lap 4	3.25	19:25	5:58	2	2:29	13	3:25	13.00	1:18:56	6:04	2	12:18	15	17:07
Lap 5	3.25	20:47	6:23	2	3:45	15	4:51	16.25	1:39:43	6:08	2	16:03	14	21:27
Lap 6	3.25	20:23	6:16	2	3:16	13	3:45	19.50	2:00:06	6:09	2	19:19	13	24:56
Lap 7	3.25	20:41	6:21	2	3:08	13	4:07	22.75	2:20:47	6:11	2	22:27	12	29:03
Lap 8	3.25	22:39	6:58	4	3:25	18	5:59	26.00	2:43:26	6:17	2	25:52	13	35:02
Lap 9	3.25	24:23	7:30	4	2:28	19	7:42	29.25	3:07:49	6:25	2	19:33	14	42:12
Lap 10	3.25	25:34	7:51	5	4:37	21	8:57	32.50	3:33:23	6:33	2	24:10	15	49:43
Lap 11	3.25	25:14	7:45	5	4:18	20	7:47	35.75	3:58:37	6:40	3	28:28	17	55:41
Lap 12	3.25	25:32	7:51	4	4:29	20	7:17	39.00	4:24:09	6:46	3	32:57	17	1:02:26
Last lap Finish	3.25	24:25	7:30	4	3:55	18	7:23	42.25	4:48:34	6:49	4	36:52	18	1:09:49