



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rabe, Isabell

Club: LEC GmbH

Number: 465

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:42:53

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 13 (of 244)

Rank in course/Women: 1 (of 65)

Best time in course: 1:42:53

Rank in category: 1(of 8)

Best time in the category: 1:42:53

Intermediate times				Stage score				Total ranking						
Control	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	13:52	4:15	1	-	1	-	3.25	13:52	4:15	1	-	1	-
Lap 2	3.25	14:39	4:30	1	-	1	-	6.50	28:31	4:23	1	-	1	-
Lap 3	3.25	14:46	4:32	1	-	2	0:03	9.75	43:17	4:26	1	-	1	-
Lap 4	3.25	14:53	4:34	1	-	1	-	13.00	58:10	4:28	1	-	1	-
Lap 5	3.25	15:04	4:38	1	-	1	-	16.25	1:13:14	4:30	1	-	1	-
Lap 6	3.25	15:08	4:39	1	-	1	-	19.50	1:28:22	4:31	1	-	1	-
Last lap Finish	3.25	14:31	4:28	1	-	1	-	22.75	1:42:53	4:31	1	-	1	-