



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Mordas, Claudia

Club: TUSEM Essen

Number: 445

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:46:58

Speed: 12.34 km/h

Running performance: 4:42 min/km

Rank in course/Total: 20 (of 244)

Rank in course/Women: 3 (of 65)

Best time in course: 1:42:53

Rank in category: 1(of 10)

Best time in the category: 1:46:58

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	14:48	4:33	1	-	4	0:56	3.25	14:48	4:33	1	-	4	0:56
Lap 2	3.25	15:10	4:39	1	-	3	0:31	6.50	29:58	4:36	1	-	3	1:27
Lap 3	3.25	15:28	4:45	1	-	4	0:45	9.75	45:26	4:39	1	-	3	2:09
Lap 4	3.25	15:33	4:47	1	-	2	0:40	13.00	1:00:59	4:41	1	-	3	2:49
Lap 5	3.25	15:21	4:43	1	-	2	0:17	16.25	1:16:20	4:41	1	-	3	3:06
Lap 6	3.25	15:27	4:45	1	-	2	0:19	19.50	1:31:47	4:42	1	-	3	3:25
Last lap Finish	3.25	15:11	4:40	1	-	3	0:40	22.75	1:46:58	4:42	1	-	3	4:05