



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Alex, Gaby

Club: Bottrop

Number: 301

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:02:26

Speed: 10.78 km/h

Running performance: 5:23 min/km

Rank in course/Total: 72 (of 244)

Rank in course/Women: 9 (of 65)

Best time in course: 1:42:53

Rank in category: 3(of 10)

Best time in the category: 1:46:58

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	17:21	5:20	3	2:33	18	3:29	3.25	17:21	5:20	3	2:33	18	3:29
Lap 2	3.25	17:09	5:16	3	1:59	15	2:30	6.50	34:30	5:18	3	4:32	17	5:59
Lap 3	3.25	17:19	5:19	2	1:51	10	2:36	9.75	51:49	5:18	3	6:23	15	8:32
Lap 4	3.25	17:26	5:21	2	1:53	8	2:33	13.00	1:09:15	5:19	3	8:16	12	11:05
Lap 5	3.25	17:55	5:30	4	2:34	12	2:51	16.25	1:27:10	5:21	3	10:50	11	13:56
Lap 6	3.25	18:01	5:32	3	2:34	10	2:53	19.50	1:45:11	5:23	3	13:24	9	16:49
Last lap Finish	3.25	17:15	5:18	2	2:04	6	2:44	22.75	2:02:26	5:22	3	15:28	9	19:33