



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lichteblau, Silke

Club: BSG Lülisdorf e.V.

Number: 430

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:04:03

Speed: 10.64 km/h

Running performance: 5:27 min/km

Rank in course/Total: 81 (of 244)

Rank in course/Women: 10 (of 65)

Best time in course: 1:42:53

Rank in category: 4(of 7)

Best time in the category: 1:45:56

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	17:15	5:18	5	3:22	17	3:23	3.25	17:15	5:18	5	3:22	17	3:23
Lap 2	3.25	16:58	5:13	4	2:19	13	2:19	6.50	34:13	5:15	4	5:41	15	5:42
Lap 3	3.25	17:19	5:19	3	2:27	10	2:36	9.75	51:32	5:17	4	8:08	14	8:15
Lap 4	3.25	17:43	5:27	4	2:03	14	2:50	13.00	1:09:15	5:19	4	10:11	12	11:05
Lap 5	3.25	17:58	5:31	4	2:02	13	2:54	16.25	1:27:13	5:22	4	12:13	12	13:59
Lap 6	3.25	18:11	5:35	3	2:22	11	3:03	19.50	1:45:24	5:24	4	14:35	12	17:02
Last lap Finish	3.25	18:39	5:44	4	3:32	15	4:08	22.75	2:04:03	5:27	4	18:07	10	21:10