



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

### Forster-Steil, Heike

Club: LT Freigericht

Number: 356

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:05:32

Speed: 10.52 km/h

Running performance: 5:31 min/km

Rank in course/Total: 90 (of 244)

Rank in course/Women: 14 (of 65)

Best time in course: 1:42:53

Rank in category: 2(of 15)

Best time in the category: 2:04:40

### 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	18:21	5:38	5	2:11	23	4:29	3.25	18:21	5:38	5	2:11	23	4:29
Lap 2	3.25	17:52	5:29	4	1:52	19	3:13	6.50	36:13	5:34	5	2:32	22	7:42
Lap 3	3.25	17:42	5:26	3	2:59	16	2:59	9.75	53:55	5:31	4	2:34	20	10:38
Lap 4	3.25	17:37	5:25	1	-	11	2:44	13.00	1:11:32	5:30	3	2:14	17	13:22
Lap 5	3.25	17:43	5:27	2	2:07	9	2:39	16.25	1:29:15	5:29	3	1:34	16	16:01
Lap 6	3.25	17:54	5:30	2	0:03	8	2:46	19.50	1:47:09	5:29	3	1:06	16	18:47
Last lap Finish	3.25	18:23	5:39	1	-	8	3:52	22.75	2:05:32	5:31	2	0:52	14	22:39