



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Holtmann-Wibberich, Petra

Club: LG Oelde/Wadersloh

Number: 389

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:13:45

Speed: 10.21 km/h

Running performance: 5:53 min/km

Rank in course/Total: 125 (of 244)

Rank in course/Women: 21 (of 65)

Best time in course: 1:42:53

Rank in category: 4(of 15)

Best time in the category: 2:04:40

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	20:34	6:19	7	4:24	41	6:42	3.25	20:34	6:19	7	4:24	41	6:42
Lap 2	3.25	18:33	5:42	7	2:33	26	3:54	6.50	39:07	6:01	6	5:26	32	10:36
Lap 3	3.25	18:50	5:47	5	4:07	23	4:07	9.75	57:57	5:56	7	6:36	30	14:40
Lap 4	3.25	19:12	5:54	5	1:35	23	4:19	13.00	1:17:09	5:56	7	7:51	29	18:59
Lap 5	3.25	19:12	5:54	5	3:36	20	4:08	16.25	1:36:21	5:55	7	8:40	27	23:07
Lap 6	3.25	18:54	5:48	4	1:03	15	3:46	19.50	1:55:15	5:54	7	9:12	26	26:53
Last lap Finish	3.25	18:30	5:41	2	0:07	11	3:59	22.75	2:13:45	5:52	4	9:05	21	30:52