



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

John, Petra

Club: LC BlueLinee

Number: 398

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:15:08

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 137 (of 244)

Rank in course/Women: 23 (of 65)

Best time in course: 1:42:53

Rank in category: 2(of 7)

Best time in the category: 2:14:28

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	17:45	5:27	2	0:54	19	3:53	3.25	17:45	5:27	2	0:54	19	3:53
Lap 2	3.25	18:53	5:48	2	0:58	29	4:14	6.50	36:38	5:38	2	1:52	23	8:07
Lap 3	3.25	19:12	5:54	2	0:41	26	4:29	9.75	55:50	5:43	2	2:33	26	12:33
Lap 4	3.25	19:36	6:01	3	0:34	27	4:43	13.00	1:15:26	5:48	2	3:07	24	17:16
Lap 5	3.25	19:28	5:59	1	-	22	4:24	16.25	1:34:54	5:50	2	2:33	25	21:40
Lap 6	3.25	20:04	6:10	1	-	24	4:56	19.50	1:54:58	5:53	2	1:23	25	26:36
Last lap Finish	3.25	20:10	6:12	2	0:01	24	5:39	22.75	2:15:08	5:56	2	0:40	23	32:15