



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ludwig, Ivette

Club: DLRG Ortsgruppe Gotha

Number: 435

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:15:08

Speed: 9.77 km/h

Running performance: 5:56 min/km

Rank in course/Total: 138 (of 244)

Rank in course/Women: 23 (of 65)

Best time in course: 1:42:53

Rank in category: 5(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	16:10	4:58	1	-	8	2:18	3.25	16:10	4:58	1	-	8	2:18
Lap 2	3.25	18:00	5:32	5	2:00	21	3:21	6.50	34:10	5:15	3	0:29	14	5:39
Lap 3	3.25	19:16	5:55	7	4:33	28	4:33	9.75	53:26	5:28	3	2:05	18	10:09
Lap 4	3.25	19:40	6:03	7	2:03	29	4:47	13.00	1:13:06	5:37	4	3:48	20	14:56
Lap 5	3.25	20:18	6:14	7	4:42	30	5:14	16.25	1:33:24	5:44	5	5:43	22	20:10
Lap 6	3.25	20:52	6:25	7	3:01	29	5:44	19.50	1:54:16	5:51	5	8:13	23	25:54
Last lap Finish	3.25	20:52	6:25	6	2:29	30	6:21	22.75	2:15:08	5:56	5	10:28	23	32:15