



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Jäschke, Sandra**

Club: LG Vellmar

Number: 396

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:15:25

Speed: 9.75 km/h

Running performance: 5:57 min/km

Rank in course/Total: 140 (of 244)

Rank in course/Women: 25 (of 65)

Best time in course: 1:42:53

Rank in category: 6(of 15)

Best time in the category: 2:04:40

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	17:49	5:28	4	1:39	20	3:57	3.25	17:49	5:28	4	1:39	20	3:57
Lap 2	3.25	18:18	5:37	6	2:18	23	3:39	6.50	36:07	5:33	4	2:26	20	7:36
Lap 3	3.25	18:53	5:48	6	4:10	24	4:10	9.75	55:00	5:38	5	3:39	22	11:43
Lap 4	3.25	19:05	5:52	4	1:28	22	4:12	13.00	1:14:05	5:41	5	4:47	21	15:55
Lap 5	3.25	20:09	6:11	6	4:33	29	5:05	16.25	1:34:14	5:47	6	6:33	24	21:00
Lap 6	3.25	20:21	6:15	6	2:30	28	5:13	19.50	1:54:35	5:52	6	8:32	24	26:13
Last lap Finish	3.25	20:50	6:24	5	2:27	29	6:19	22.75	2:15:25	5:57	6	10:45	25	32:32