



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Riske, Katrin

Club: Wesendorf

Number: 777

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:22:07

Speed: 9.29 km/h

Running performance: 6:15 min/km

Rank in course/Total: 165 (of 244)

Rank in course/Women: 32 (of 65)

Best time in course: 1:42:53

Rank in category: 5(of 10)

Best time in the category: 1:46:58

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	19:51	6:06	6	5:03	39	5:59	3.25	19:51	6:06	6	5:03	39	5:59
Lap 2	3.25	19:29	5:59	5	4:19	33	4:50	6.50	39:20	6:03	6	9:22	33	10:49
Lap 3	3.25	20:18	6:14	6	4:50	38	5:35	9.75	59:38	6:06	6	14:12	35	16:21
Lap 4	3.25	20:29	6:18	6	4:56	34	5:36	13.00	1:20:07	6:09	5	19:08	33	21:57
Lap 5	3.25	20:19	6:15	6	4:58	32	5:15	16.25	1:40:26	6:10	5	24:06	33	27:12
Lap 6	3.25	21:19	6:33	6	5:52	34	6:11	19.50	2:01:45	6:14	5	29:58	33	33:23
Last lap Finish	3.25	20:22	6:15	5	5:11	26	5:51	22.75	2:22:07	6:14	5	35:09	32	39:14