



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lohner, Claudia

Club: Tv urbar

Number: 432

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:25:26

Speed: 9.08 km/h

Running performance: 6:23 min/km

Rank in course/Total: 178 (of 244)

Rank in course/Women: 36 (of 65)

Best time in course: 1:42:53

Rank in category: 8(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 | 20:00 | 6:09 | 6 | 3:50 | 40 | 6:08 | 3.25 | 20:00 | 6:09 | 6 | 3:50 | 40 | 6:08 |
| Lap 2 | 3.25 | 19:32 | 6:00 | 8 | 3:32 | 34 | 4:53 | 6.50 | 39:32 | 6:04 | 7 | 5:51 | 35 | 11:01 |
| Lap 3 | 3.25 | 19:56 | 6:08 | 8 | 5:13 | 33 | 5:13 | 9.75 | 59:28 | 6:05 | 8 | 8:07 | 34 | 16:11 |
| Lap 4 | 3.25 | 20:43 | 6:22 | 8 | 3:06 | 36 | 5:50 | 13.00 | 1:20:11 | 6:10 | 8 | 10:53 | 34 | 22:01 |
| Lap 5 | 3.25 | 21:16 | 6:32 | 8 | 5:40 | 37 | 6:12 | 16.25 | 1:41:27 | 6:14 | 8 | 13:46 | 35 | 28:13 |
| Lap 6 | 3.25 | 22:29 | 6:55 | 10 | 4:38 | 42 | 7:21 | 19.50 | 2:03:56 | 6:21 | 8 | 17:53 | 37 | 35:34 |
| Last lap Finish | 3.25 | 21:30 | 6:36 | 7 | 3:07 | 34 | 6:59 | 22.75 | 2:25:26 | 6:23 | 8 | 20:46 | 36 | 42:33 |