



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lepperhoff, Eva

Club: LC Duisburg

Number: 428

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:28:41

Speed: 8.88 km/h

Running performance: 6:32 min/km

Rank in course/Total: 183 (of 244)

Rank in course/Women: 38 (of 65)

Best time in course: 1:42:53

Rank in category: 9(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	21:04	6:28	12	4:54	52	7:12	3.25	21:04	6:28	12	4:54	52	7:12
Lap 2	3.25	20:25	6:16	10	4:25	43	5:46	6.50	41:29	6:22	10	7:48	47	12:58
Lap 3	3.25	19:57	6:08	9	5:14	35	5:14	9.75	1:01:26	6:18	9	10:05	43	18:09
Lap 4	3.25	20:49	6:24	9	3:12	37	5:56	13.00	1:22:15	6:19	9	12:57	39	24:05
Lap 5	3.25	21:28	6:36	9	5:52	39	6:24	16.25	1:43:43	6:22	9	16:02	38	30:29
Lap 6	3.25	22:21	6:52	8	4:30	39	7:13	19.50	2:06:04	6:27	9	20:01	39	37:42
Last lap Finish	3.25	22:37	6:57	9	4:14	40	8:06	22.75	2:28:41	6:32	9	24:01	38	45:48