



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Jost, Margit**

Club: Vulkanläufer

Number: 693

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:30:29

Speed: 8.77 km/h

Running performance: 6:37 min/km

Rank in course/Total: 191 (of 244)

Rank in course/Women: 43 (of 65)

Best time in course: 1:42:53

Rank in category: 4(of 7)

Best time in the category: 2:14:28

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos Women	Behind Women	Total km	Total Time	Total min/km				
Lap 1	3.25	19:48	6:05	4	2:57	37	5:56	3.25	19:48	6:05	4	2:57	37	5:56
Lap 2	3.25	20:19	6:15	4	2:24	42	5:40	6.50	40:07	6:10	4	5:21	39	11:36
Lap 3	3.25	21:18	6:33	4	2:47	46	6:35	9.75	1:01:25	6:17	4	8:08	42	18:08
Lap 4	3.25	22:05	6:47	5	3:03	47	7:12	13.00	1:23:30	6:25	4	11:11	44	25:20
Lap 5	3.25	21:52	6:43	4	2:24	40	6:48	16.25	1:45:22	6:29	4	13:01	45	32:08
Lap 6	3.25	23:00	7:04	4	2:56	46	7:52	19.50	2:08:22	6:34	4	14:47	44	40:00
Last lap Finish	3.25	22:07	6:48	4	1:58	37	7:36	22.75	2:30:29	6:36	4	16:01	43	47:36