



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Klasen, Gabriele

Club: Glesibros Runningschool

Number: 403

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:33:34

Speed: 8.60 km/h

Running performance: 6:45 min/km

Rank in course/Total: 197 (of 244)

Rank in course/Women: 44 (of 65)

Best time in course: 1:42:53

Rank in category: 10(of 15)

Best time in the category: 2:04:40

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	20:54	6:25	10	4:44	49	7:02	3.25	20:54	6:25	10	4:44	49	7:02
Lap 2	3.25	20:17	6:14	9	4:17	41	5:38	6.50	41:11	6:20	9	7:30	45	12:40
Lap 3	3.25	21:04	6:28	10	6:21	43	6:21	9.75	1:02:15	6:23	10	10:54	46	18:58
Lap 4	3.25	22:15	6:50	11	4:38	48	7:22	13.00	1:24:30	6:30	10	15:12	46	26:20
Lap 5	3.25	22:42	6:59	11	7:06	48	7:38	16.25	1:47:12	6:35	10	19:31	46	33:58
Lap 6	3.25	23:22	7:11	11	5:31	49	8:14	19.50	2:10:34	6:41	10	24:31	46	42:12
Last lap Finish	3.25	23:00	7:04	10	4:37	44	8:29	22.75	2:33:34	6:45	10	28:54	44	50:41