



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Blum, Susanne

Club: Meddys LWT Koblenz

Number: 319

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:35:32

Speed: 8.49 km/h

Running performance: 6:50 min/km

Rank in course/Total: 205 (of 244)

Rank in course/Women: 48 (of 65)

Best time in course: 1:42:53

Rank in category: 12(of 15)

Best time in the category: 2:04:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	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	21:19	6:33	12	5:19	51	6:40	6.50	42:13	6:29	12	8:32	52	13:42
Lap 3	3.25	21:41	6:40	11	6:58	50	6:58	9.75	1:03:54	6:33	11	12:33	50	20:37
Lap 4	3.25	22:37	6:57	12	5:00	51	7:44	13.00	1:26:31	6:39	12	17:13	50	28:21
Lap 5	3.25	23:17	7:09	12	7:41	54	8:13	16.25	1:49:48	6:45	12	22:07	50	36:34
Lap 6	3.25	23:40	7:16	12	5:49	51	8:32	19.50	2:13:28	6:50	12	27:25	50	45:06
Last lap Finish	3.25	22:04	6:47	8	3:41	36	7:33	22.75	2:35:32	6:50	12	30:52	48	52:39