



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Bach, Alexandra

Club: Langenselbold

Number: 307

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 3:01:09

Speed: 7.29 km/h

Running performance: 7:58 min/km

Rank in course/Total: 233 (of 244)

Rank in course/Women: 62 (of 65)

Best time in course: 1:42:53

Rank in category: 11(of 11)

Best time in the category: 1:58:21

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	23:48	7:19	11	7:38	62	9:56	3.25	23:48	7:19	11	7:38	62	9:56
Lap 2	3.25	23:51	7:20	11	7:08	62	9:12	6.50	47:39	7:19	11	14:46	62	19:08
Lap 3	3.25	24:44	7:36	11	7:54	62	10:01	9.75	1:12:23	7:25	11	22:40	62	29:06
Lap 4	3.25	25:08	7:44	11	8:08	60	10:15	13.00	1:37:31	7:30	11	30:48	61	39:21
Lap 5	3.25	26:14	8:04	11	9:02	62	11:10	16.25	2:03:45	7:36	11	39:50	61	50:31
Lap 6	3.25	28:34	8:47	11	11:09	63	13:26	19.50	2:32:19	7:48	11	50:59	61	1:03:57
Last lap Finish	3.25	28:50	8:52	11	11:49	61	14:19	22.75	3:01:09	7:57	11	1:02:48	62	1:18:16