



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Sültz, Mareike

Club: TV Urbar

Number: 825

Course: 42.25 km

Marathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 3:51:11

Speed: 10.90 km/h

Running performance: 5:28 min/km

Rank in course/Total: 54 (of 193)

Rank in course/Women: 3 (of 32)

Best time in course: 3:42:42

Rank in category: 1(of 3)

Best time in the category: 3:51:11

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	15:49	4:51	1	-	2	1:26	3.25	15:49	4:51	1	-	2	1:26
Lap 2	3.25	16:19	5:01	1	-	3	0:29	6.50	32:08	4:56	1	-	2	1:55
Lap 3	3.25	16:33	5:05	1	-	3	0:30	9.75	48:41	4:59	1	-	3	2:25
Lap 4	3.25	16:58	5:13	1	-	3	0:32	13.00	1:05:39	5:03	1	-	3	2:36
Lap 5	3.25	17:10	5:16	1	-	3	0:35	16.25	1:22:49	5:05	1	-	3	1:54
Lap 6	3.25	17:10	5:16	1	-	2	0:20	19.50	1:39:59	5:07	1	-	3	1:47
Lap 7	3.25	17:21	5:20	1	-	2	0:26	22.75	1:57:20	5:09	1	-	2	2:13
Lap 8	3.25	18:03	5:33	1	-	4	0:45	26.00	2:15:23	5:12	1	-	2	2:58
Lap 9	3.25	19:04	5:51	1	-	5	1:22	29.25	2:34:27	5:16	1	-	2	4:20
Lap 10	3.25	19:03	5:51	1	-	5	1:02	32.50	2:53:30	5:20	1	-	3	5:22
Lap 11	3.25	18:33	5:42	1	-	4	0:50	35.75	3:12:03	5:22	1	-	3	5:44
Lap 12	3.25	19:20	5:56	1	-	7	1:42	39.00	3:31:23	5:25	1	-	3	6:43
Last lap Finish	3.25	19:48	6:05	1	-	11	2:33	42.25	3:51:11	5:28	1	-	3	8:29