



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 658

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 3:55:15

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 64 (of 193)

Rank in course/Women: 5 (of 32)

Best time in course: 3:42:42

Rank in category: 1(of 7)

Best time in the category: 3:55:15

Intermediate times				Stage score				Total ranking						
Control	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	18:13	5:36	3	0:39	10	3:50	3.25	18:13	5:36	3	0:39	10	3:50
Lap 2	3.25	18:18	5:37	2	0:22	11	2:28	6.50	36:31	5:37	2	1:01	10	6:18
Lap 3	3.25	18:53	5:48	3	0:38	15	2:50	9.75	55:24	5:40	3	1:39	13	9:08
Lap 4	3.25	18:05	5:33	1	-	6	1:39	13.00	1:13:29	5:39	2	1:16	12	10:26
Lap 5	3.25	18:06	5:34	1	-	6	1:31	16.25	1:31:35	5:38	1	-	9	10:40
Lap 6	3.25	17:34	5:24	1	-	4	0:44	19.50	1:49:09	5:35	1	-	8	10:57
Lap 7	3.25	17:56	5:31	1	-	3	1:01	22.75	2:07:05	5:35	1	-	6	11:58
Lap 8	3.25	17:51	5:29	1	-	3	0:33	26.00	2:24:56	5:34	1	-	6	12:31
Lap 9	3.25	18:01	5:32	1	-	3	0:19	29.25	2:42:57	5:34	1	-	6	12:50
Lap 10	3.25	18:07	5:34	1	-	3	0:06	32.50	3:01:04	5:34	1	-	6	12:56
Lap 11	3.25	17:43	5:27	1	-	1	-	35.75	3:18:47	5:33	1	-	5	12:28
Lap 12	3.25	18:33	5:42	1	-	4	0:55	39.00	3:37:20	5:34	1	-	5	12:40
Last lap Finish	3.25	17:55	5:30	1	-	3	0:40	42.25	3:55:15	5:34	1	-	5	12:33