



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

Routaboul, Laura

Club: Witten

Number: 779

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:01:30

Speed: 10.43 km/h

Running performance: 5:43 min/km

Rank in course/Total: 76 (of 193)

Rank in course/Women: 7 (of 32)

Best time in course: 3:42:42

Rank in category: 2(of 3)

Best time in the category: 3:58:14

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	16:39	5:07	1	-	5	2:16	3.25	16:39	5:07	1	-	5	2:16
Lap 2	3.25	17:43	5:27	2	0:05	7	1:53	6.50	34:22	5:17	1	-	6	4:09
Lap 3	3.25	18:03	5:33	2	0:30	9	2:00	9.75	52:25	5:22	1	-	6	6:09
Lap 4	3.25	18:31	5:41	2	0:56	13	2:05	13.00	1:10:56	5:27	1	-	6	7:53
Lap 5	3.25	18:57	5:49	2	1:13	10	2:22	16.25	1:29:53	5:31	2	0:38	7	8:58
Lap 6	3.25	19:07	5:52	2	1:16	10	2:17	19.50	1:49:00	5:35	2	1:54	6	10:48
Lap 7	3.25	19:16	5:55	2	1:16	10	2:21	22.75	2:08:16	5:38	2	3:10	7	13:09
Lap 8	3.25	18:53	5:48	2	0:24	6	1:35	26.00	2:27:09	5:39	2	3:34	7	14:44
Lap 9	3.25	19:08	5:53	2	0:38	7	1:26	29.25	2:46:17	5:41	2	4:12	7	16:10
Lap 10	3.25	19:21	5:57	2	0:32	6	1:20	32.50	3:05:38	5:42	2	4:44	7	17:30
Lap 11	3.25	19:00	5:50	2	0:14	7	1:17	35.75	3:24:38	5:43	2	4:58	7	18:19
Lap 12	3.25	19:03	5:51	2	0:10	6	1:25	39.00	3:43:41	5:44	2	5:08	7	19:01
Last lap Finish	3.25	17:49	5:28	1	-	2	0:34	42.25	4:01:30	5:42	2	3:16	7	18:48