



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Rusche, Silvia

Club: SuS Olfen

Number: 784

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:07:48

Speed: 10.23 km/h

Running performance: 5:52 min/km

Rank in course/Total: 91 (of 193)

Rank in course/Women: 8 (of 32)

Best time in course: 3:42:42

Rank in category: 2(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		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Pos	Cat.	Women	km	Time	min/km	Cat.	Cat.	Women	Women			
Lap 1	3.25	17:34	5:24	1	-	7	3:11	3.25	17:34	5:24	1	-	7	3:11			
Lap 2	3.25	17:56	5:31	1	-	9	2:06	6.50	35:30	5:27	1	-	7	5:17			
Lap 3	3.25	18:15	5:36	1	-	12	2:12	9.75	53:45	5:30	1	-	7	7:29			
Lap 4	3.25	18:28	5:40	3	0:23	12	2:02	13.00	1:12:13	5:33	1	-	9	9:10			
Lap 5	3.25	19:50	6:06	3	1:44	17	3:15	16.25	1:32:03	5:39	2	0:28	11	11:08			
Lap 6	3.25	18:49	5:47	2	1:15	8	1:59	19.50	1:50:52	5:41	2	1:43	10	12:40			
Lap 7	3.25	19:04	5:51	2	1:08	7	2:09	22.75	2:09:56	5:42	2	2:51	9	14:49			
Lap 8	3.25	19:15	5:55	2	1:24	8	1:57	26.00	2:29:11	5:44	2	4:15	9	16:46			
Lap 9	3.25	19:30	6:00	2	1:29	9	1:48	29.25	2:48:41	5:46	2	5:44	9	18:34			
Lap 10	3.25	19:32	6:00	2	1:25	10	1:31	32.50	3:08:13	5:47	2	7:09	9	20:05			
Lap 11	3.25	19:58	6:08	2	2:15	9	2:15	35.75	3:28:11	5:49	2	9:24	9	21:52			
Lap 12	3.25	19:44	6:04	2	1:11	8	2:06	39.00	3:47:55	5:50	2	10:35	8	23:15			
Last lap Finish	3.25	19:53	6:07	3	1:58	12	2:38	42.25	4:07:48	5:51	2	12:33	8	25:06			