



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Ostapenko, Tanya**

Club: ASFM Göttingen/Marathon Maniacs  
Number: 755

Course: 42.25 km  
Marathon

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 4:07:49

Speed: 10.23 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 92 (of 193)

Rank in course/Women: 9 (of 32)

Best time in course: 3:42:42

Rank in category: 3(of 6)

Best time in the category: 3:42:42

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	18:34	5:42	4	2:33	15	4:11	3.25	18:34	5:42	4	2:33	15	4:11
Lap 2	3.25	18:58	5:50	5	2:48	16	3:08	6.50	37:32	5:46	4	5:21	15	7:19
Lap 3	3.25	18:20	5:38	5	2:10	13	2:17	9.75	55:52	5:43	5	7:31	15	9:36
Lap 4	3.25	18:43	5:45	4	2:17	14	2:17	13.00	1:14:35	5:44	4	9:48	14	11:32
Lap 5	3.25	18:59	5:50	5	2:24	11	2:24	16.25	1:33:34	5:45	4	12:12	14	12:39
Lap 6	3.25	19:13	5:54	3	2:23	12	2:23	19.50	1:52:47	5:47	4	14:35	13	14:35
Lap 7	3.25	19:22	5:57	3	2:27	12	2:27	22.75	2:12:09	5:48	4	17:02	13	17:02
Lap 8	3.25	19:02	5:51	3	1:44	7	1:44	26.00	2:31:11	5:48	3	18:46	11	18:46
Lap 9	3.25	19:09	5:53	3	1:27	8	1:27	29.25	2:50:20	5:49	3	20:13	10	20:13
Lap 10	3.25	19:30	6:00	3	1:29	7	1:29	32.50	3:09:50	5:50	3	21:42	10	21:42
Lap 11	3.25	19:50	6:06	3	1:41	8	2:07	35.75	3:29:40	5:51	3	23:21	10	23:21
Lap 12	3.25	19:55	6:07	3	1:34	9	2:17	39.00	3:49:35	5:53	3	24:55	10	24:55
Last lap Finish	3.25	18:14	5:36	3	0:59	6	0:59	42.25	4:07:49	5:51	3	25:07	9	25:07