



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Brokat, Helga

Club: LG Mauerweg Berlin e.V.

Number: 621

Course: 42.25 km

Marathon

Category:

Seniorinnen W65 (65-69 Jahre)

Total time: 4:12:31

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 101 (of 193)

Rank in course/Women: 11 (of 32)

Best time in course: 3:42:42

Rank in category: 1(of 2)

Best time in the category: 4:12:31

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	18:02	5:32	1	-	8	3:39	3.25	18:02	5:32	1	-	8	3:39
Lap 2	3.25	17:50	5:29	1	-	8	2:00	6.50	35:52	5:31	1	-	8	5:39
Lap 3	3.25	17:54	5:30	1	-	7	1:51	9.75	53:46	5:30	1	-	8	7:30
Lap 4	3.25	18:16	5:37	1	-	9	1:50	13.00	1:12:02	5:32	1	-	8	8:59
Lap 5	3.25	20:21	6:15	1	-	19	3:46	16.25	1:32:23	5:41	1	-	12	11:28
Lap 6	3.25	19:12	5:54	1	-	11	2:22	19.50	1:51:35	5:43	1	-	12	13:23
Lap 7	3.25	19:21	5:57	1	-	11	2:26	22.75	2:10:56	5:45	1	-	11	15:49
Lap 8	3.25	19:43	6:03	1	-	12	2:25	26.00	2:30:39	5:47	1	-	10	18:14
Lap 9	3.25	20:19	6:15	1	-	13	2:37	29.25	2:50:58	5:50	1	-	11	20:51
Lap 10	3.25	20:29	6:18	1	-	13	2:28	32.50	3:11:27	5:53	1	-	11	23:19
Lap 11	3.25	20:28	6:17	1	-	12	2:45	35.75	3:31:55	5:55	1	-	11	25:36
Lap 12	3.25	20:07	6:11	1	-	10	2:29	39.00	3:52:02	5:56	1	-	11	27:22
Last lap Finish	3.25	20:29	6:18	1	-	14	3:14	42.25	4:12:31	5:58	1	-	11	29:49