



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Lause, Ursula

Club: VfB Salzkotten

Number: 721

Course: 42.25 km

Marathon

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 4:15:29

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 104 (of 193)

Rank in course/Women: 12 (of 32)

Best time in course: 3:42:42

Rank in category: 1(of 2)

Best time in the category: 4:15:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km		Total Time		Total min/km		Pos		Behind		
				Cat.	Women	Cat.	Women	km	Time	min/km	Cat.	Women	Cat.	Women				
Lap 1	3.25	20:15	6:13	1	-	22	5:52	3.25	20:15	6:13	1	-	22	5:52				
Lap 2	3.25	19:20	5:56	1	-	17	3:30	6.50	39:35	6:05	1	-	20	9:22				
Lap 3	3.25	19:16	5:55	1	-	16	3:13	9.75	58:51	6:02	1	-	19	12:35				
Lap 4	3.25	19:11	5:54	1	-	16	2:45	13.00	1:18:02	6:00	1	-	18	14:59				
Lap 5	3.25	19:22	5:57	1	-	14	2:47	16.25	1:37:24	5:59	1	-	17	16:29				
Lap 6	3.25	20:14	6:13	2	0:07	19	3:24	19.50	1:57:38	6:01	1	-	18	19:26				
Lap 7	3.25	19:04	5:51	1	-	7	2:09	22.75	2:16:42	6:00	1	-	16	21:35				
Lap 8	3.25	19:33	6:00	1	-	11	2:15	26.00	2:36:15	6:00	1	-	15	23:50				
Lap 9	3.25	19:46	6:04	1	-	10	2:04	29.25	2:56:01	6:01	1	-	13	25:54				
Lap 10	3.25	19:36	6:01	1	-	11	1:35	32.50	3:15:37	6:01	1	-	13	27:29				
Lap 11	3.25	20:08	6:11	1	-	11	2:25	35.75	3:35:45	6:02	1	-	13	29:26				
Lap 12	3.25	20:21	6:15	1	-	11	2:43	39.00	3:56:06	6:03	1	-	13	31:26				
Last lap Finish	3.25	19:23	5:57	1	-	8	2:08	42.25	4:15:29	6:02	1	-	12	32:47				