



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Ernst, Beate**

Club: Lauffeuer Fröttstädt

Number: 638

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:25:40

Speed: 9.49 km/h

Running performance: 6:17 min/km

Rank in course/Total: 127 (of 193)

Rank in course/Women: 15 (of 32)

Best time in course: 3:42:42

Rank in category: 3(of 7)

Best time in the category: 3:55:15

### Intermediate times

### Stage score

### Total ranking

| 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               | 18:06      | 5:34         | 2        | 0:32        | 9         | 3:43         | 3.25     | 18:06         | 5:34         | 2        | 0:32        | 9         | 3:43         |
| Lap 2           | 3.25               | 18:43      | 5:45         | 3        | 0:47        | 14        | 2:53         | 6.50     | 36:49         | 5:39         | 3        | 1:19        | 13        | 6:36         |
| Lap 3           | 3.25               | 18:34      | 5:42         | 2        | 0:19        | 14        | 2:31         | 9.75     | 55:23         | 5:40         | 2        | 1:38        | 12        | 9:07         |
| Lap 4           | 3.25               | 18:09      | 5:35         | 2        | 0:04        | 7         | 1:43         | 13.00    | 1:13:32       | 5:39         | 3        | 1:19        | 13        | 10:29        |
| Lap 5           | 3.25               | 19:19      | 5:56         | 2        | 1:13        | 12        | 2:44         | 16.25    | 1:32:51       | 5:42         | 3        | 1:16        | 13        | 11:56        |
| Lap 6           | 3.25               | 20:22      | 6:15         | 3        | 2:48        | 21        | 3:32         | 19.50    | 1:53:13       | 5:48         | 3        | 4:04        | 14        | 15:01        |
| Lap 7           | 3.25               | 21:00      | 6:27         | 3        | 3:04        | 20        | 4:05         | 22.75    | 2:14:13       | 5:53         | 3        | 7:08        | 15        | 19:06        |
| Lap 8           | 3.25               | 22:09      | 6:48         | 4        | 4:18        | 22        | 4:51         | 26.00    | 2:36:22       | 6:00         | 3        | 11:26       | 16        | 23:57        |
| Lap 9           | 3.25               | 22:21      | 6:52         | 4        | 4:20        | 21        | 4:39         | 29.25    | 2:58:43       | 6:06         | 3        | 15:46       | 16        | 28:36        |
| Lap 10          | 3.25               | 23:08      | 7:07         | 4        | 5:01        | 23        | 5:07         | 32.50    | 3:21:51       | 6:12         | 3        | 20:47       | 16        | 33:43        |
| Lap 11          | 3.25               | 23:42      | 7:17         | 4        | 5:59        | 24        | 5:59         | 35.75    | 3:45:33       | 6:18         | 3        | 26:46       | 17        | 39:14        |
| Lap 12          | 3.25               | 21:50      | 6:43         | 3        | 3:17        | 17        | 4:12         | 39.00    | 4:07:23       | 6:20         | 3        | 30:03       | 18        | 42:43        |
| Last lap Finish | 3.25               | 18:17      | 5:37         | 2        | 0:22        | 7         | 1:02         | 42.25    | 4:25:40       | 6:17         | 3        | 30:25       | 15        | 42:58        |