



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Keßler, Claudia

Club: Laufjunkies

Number: 697

Course: 42.25 km

Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 4:30:32

Speed: 9.37 km/h

Running performance: 6:24 min/km

Rank in course/Total: 139 (of 193)

Rank in course/Women: 18 (of 32)

Best time in course: 3:42:42

Rank in category: 5(of 6)

Best time in the category: 3:42:42

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	18:25	5:40	3	2:24	11	4:02	3.25	18:25	5:40	3	2:24	11	4:02
Lap 2	3.25	18:21	5:38	4	2:11	13	2:31	6.50	36:46	5:39	3	4:35	11	6:33
Lap 3	3.25	18:06	5:34	3	1:56	10	2:03	9.75	54:52	5:37	3	6:31	11	8:36
Lap 4	3.25	18:13	5:36	3	1:47	8	1:47	13.00	1:13:05	5:37	3	8:18	11	10:02
Lap 5	3.25	18:40	5:44	3	2:05	8	2:05	16.25	1:31:45	5:38	3	10:23	10	10:50
Lap 6	3.25	19:18	5:56	4	2:28	13	2:28	19.50	1:51:03	5:41	3	12:51	11	12:51
Lap 7	3.25	19:57	6:08	5	3:02	16	3:02	22.75	2:11:00	5:45	3	15:53	12	15:53
Lap 8	3.25	22:37	6:57	6	5:19	27	5:19	26.00	2:33:37	5:54	5	21:12	14	21:12
Lap 9	3.25	22:57	7:03	6	5:15	24	5:15	29.25	2:56:34	6:02	5	26:27	14	26:27
Lap 10	3.25	23:23	7:11	5	5:22	24	5:22	32.50	3:19:57	6:09	5	31:49	15	31:49
Lap 11	3.25	24:05	7:24	5	5:56	25	6:22	35.75	3:44:02	6:15	5	37:43	15	37:43
Lap 12	3.25	22:51	7:01	5	4:30	21	5:13	39.00	4:06:53	6:19	5	42:13	16	42:13
Last lap Finish	3.25	23:39	7:16	6	6:24	26	6:24	42.25	4:30:32	6:24	5	47:50	18	47:50