



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Eggert, Iris

Club: Lauf für mehr Zeit

Number: 636

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:36:48

Speed: 9.10 km/h

Running performance: 6:33 min/km

Rank in course/Total: 148 (of 193)

Rank in course/Women: 21 (of 32)

Best time in course: 3:42:42

Rank in category: 4(of 7)

Best time in the category: 3:55:15

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	20:26	6:17	4	2:52	25	6:03	3.25	20:26	6:17	4	2:52	25	6:03		
Lap 2	3.25	19:45	6:04	4	1:49	22	3:55	6.50	40:11	6:10	4	4:41	23	9:58		
Lap 3	3.25	20:28	6:17	4	2:13	22	4:25	9.75	1:00:39	6:13	4	6:54	23	14:23		
Lap 4	3.25	20:33	6:19	4	2:28	22	4:07	13.00	1:21:12	6:14	4	8:59	22	18:09		
Lap 5	3.25	20:37	6:20	4	2:31	22	4:02	16.25	1:41:49	6:15	4	10:14	22	20:54		
Lap 6	3.25	21:25	6:35	4	3:51	27	4:35	19.50	2:03:14	6:19	4	14:05	23	25:02		
Lap 7	3.25	21:40	6:40	4	3:44	23	4:45	22.75	2:24:54	6:22	4	17:49	24	29:47		
Lap 8	3.25	21:37	6:39	3	3:46	21	4:19	26.00	2:46:31	6:24	4	21:35	25	34:06		
Lap 9	3.25	21:06	6:29	3	3:05	16	3:24	29.25	3:07:37	6:24	4	24:40	24	37:30		
Lap 10	3.25	21:48	6:42	3	3:41	18	3:47	32.50	3:29:25	6:26	4	28:21	23	41:17		
Lap 11	3.25	23:06	7:06	3	5:23	21	5:23	35.75	3:52:31	6:30	4	33:44	21	46:12		
Lap 12	3.25	22:06	6:48	4	3:33	18	4:28	39.00	4:14:37	6:31	4	37:17	21	49:57		
Last lap Finish	3.25	22:11	6:49	4	4:16	21	4:56	42.25	4:36:48	6:33	4	41:33	21	54:06		