



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fliege, Gabriele

Club: SUS Oberaden/Team Erdinger

Number: 650

Course: 42.25 km

Marathon

Category:

Seniorinnen W65 (65-69 Jahre)

Total time: 4:41:40

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 156 (of 193)

Rank in course/Women: 22 (of 32)

Best time in course: 3:42:42

Rank in category: 2(of 2)

Best time in the category: 4:12:31

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	18:29	5:41	2	0:27	13	4:06	3.25	18:29	5:41	2	0:27	13	4:06
Lap 2	3.25	19:36	6:01	2	1:46	20	3:46	6.50	38:05	5:51	2	2:13	17	7:52
Lap 3	3.25	19:51	6:06	2	1:57	21	3:48	9.75	57:56	5:56	2	4:10	17	11:40
Lap 4	3.25	20:13	6:13	2	1:57	20	3:47	13.00	1:18:09	6:00	2	6:07	19	15:06
Lap 5	3.25	21:00	6:27	2	0:39	23	4:25	16.25	1:39:09	6:06	2	6:46	19	18:14
Lap 6	3.25	21:32	6:37	2	2:20	28	4:42	19.50	2:00:41	6:11	2	9:06	20	22:29
Lap 7	3.25	22:01	6:46	2	2:40	26	5:06	22.75	2:22:42	6:16	2	11:46	21	27:35
Lap 8	3.25	22:25	6:53	2	2:42	25	5:07	26.00	2:45:07	6:21	2	14:28	23	32:42
Lap 9	3.25	23:16	7:09	2	2:57	26	5:34	29.25	3:08:23	6:26	2	17:25	25	38:16
Lap 10	3.25	22:29	6:55	2	2:00	21	4:28	32.50	3:30:52	6:29	2	19:25	25	42:44
Lap 11	3.25	23:41	7:17	2	3:13	23	5:58	35.75	3:54:33	6:33	2	22:38	25	48:14
Lap 12	3.25	23:57	7:22	2	3:50	25	6:19	39.00	4:18:30	6:37	2	26:28	24	53:50
Last lap Finish	3.25	23:10	7:07	2	2:41	23	5:55	42.25	4:41:40	6:40	2	29:09	22	58:58