



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Hellmann, Rita

Club: VfB Salzkotten

Number: 676

Course: 42.25 km

Marathon

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 4:42:25

Speed: 8.92 km/h

Running performance: 6:41 min/km

Rank in course/Total: 157 (of 193)

Rank in course/Women: 23 (of 32)

Best time in course: 3:42:42

Rank in category: 2(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		Total		Total		Pos		Behind	
				Cat.	Pos	Cat.	Women	km	Time	min/km	Cat.	Pos	Cat.	Women	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	19:38	6:02	2	0:18	21	3:48	6.50	39:53	6:08	2	0:18	22	9:40			
Lap 3	3.25	19:37	6:02	2	0:21	19	3:34	9.75	59:30	6:06	2	0:39	21	13:14			
Lap 4	3.25	19:58	6:08	2	0:47	19	3:32	13.00	1:19:28	6:06	2	1:26	20	16:25			
Lap 5	3.25	20:08	6:11	2	0:46	18	3:33	16.25	1:39:36	6:07	2	2:12	20	18:41			
Lap 6	3.25	20:07	6:11	1	-	18	3:17	19.50	1:59:43	6:08	2	2:05	19	21:31			
Lap 7	3.25	20:24	6:16	2	1:20	19	3:29	22.75	2:20:07	6:09	2	3:25	19	25:00			
Lap 8	3.25	21:29	6:36	2	1:56	20	4:11	26.00	2:41:36	6:12	2	5:21	19	29:11			
Lap 9	3.25	22:41	6:58	2	2:55	23	4:59	29.25	3:04:17	6:18	2	8:16	19	34:10			
Lap 10	3.25	24:15	7:27	2	4:39	26	6:14	32.50	3:28:32	6:24	2	12:55	22	40:24			
Lap 11	3.25	24:16	7:28	2	4:08	26	6:33	35.75	3:52:48	6:30	2	17:03	22	46:29			
Lap 12	3.25	23:39	7:16	2	3:18	23	6:01	39.00	4:16:27	6:34	2	20:21	22	51:47			
Last lap Finish	3.25	25:58	7:59	2	6:35	28	8:43	42.25	4:42:25	6:41	2	26:56	23	59:43			