



# 13. Kristall-Marathon

Merkers / 17.02.2019

## Detailed evaluation

**Anken, Saskia**

Club: OCR Würzburg

Number: 603

Course: 42.25 km

Marathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 4:51:13

Speed: 8.70 km/h

Running performance: 6:53 min/km

Rank in course/Total: 170 (of 193)

Rank in course/Women: 28 (of 32)

Best time in course: 3:42:42

Rank in category: 3(of 3)

Best time in the category: 3:51:11

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	16:41	5:08	2	0:52	6	2:18	3.25	16:41	5:08	2	0:52	6	2:18
Lap 2	3.25	16:41	5:08	2	0:22	4	0:51	6.50	33:22	5:08	2	1:14	5	3:09
Lap 3	3.25	17:41	5:26	2	1:08	6	1:38	9.75	51:03	5:14	2	2:22	5	4:47
Lap 4	3.25	18:25	5:40	2	1:27	11	1:59	13.00	1:09:28	5:20	2	3:49	5	6:25
Lap 5	3.25	19:19	5:56	2	2:09	12	2:44	16.25	1:28:47	5:27	2	5:58	5	7:52
Lap 6	3.25	20:18	6:14	2	3:08	20	3:28	19.50	1:49:05	5:35	2	9:06	7	10:53
Lap 7	3.25	21:19	6:33	2	3:58	22	4:24	22.75	2:10:24	5:43	2	13:04	10	15:17
Lap 8	3.25	22:27	6:54	3	4:24	26	5:09	26.00	2:32:51	5:52	2	17:28	13	20:26
Lap 9	3.25	23:51	7:20	3	4:47	28	6:09	29.25	2:56:42	6:02	2	22:15	15	26:35
Lap 10	3.25	29:13	8:59	3	10:10	32	11:12	32.50	3:25:55	6:20	2	32:25	19	37:47
Lap 11	3.25	28:01	8:37	3	9:28	32	10:18	35.75	3:53:56	6:32	2	41:53	24	47:37
Lap 12	3.25	28:08	8:39	3	8:48	32	10:30	39.00	4:22:04	6:43	3	50:41	26	57:24
Last lap Finish	3.25	29:09	8:58	3	9:21	32	11:54	42.25	4:51:13	6:53	3	1:00:02	28	1:08:31