



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fender, Laura

Club: marathon4you

Number: 642

Course: 42.25 km

Marathon

Category:

Frauen (20-29 Jahre)

Total time: 4:58:17

Speed: 8.45 km/h

Running performance: 7:04 min/km

Rank in course/Total: 178 (of 193)

Rank in course/Women: 29 (of 32)

Best time in course: 3:42:42

Rank in category: 3(of 3)

Best time in the category: 3:51:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Women	Cat.	Women	km	Time	min/km	Cat.	Women	Cat.	Women			
Lap 1	3.25	20:20	6:15	3	24	5:57	24	5:57	3.25	20:20	6:15	3	24	5:57	24	5:57	
Lap 2	3.25	20:49	6:24	3	28	4:59	28	4:59	6.50	41:09	6:19	3	25	10:56	25	10:56	
Lap 3	3.25	21:25	6:35	2	28	5:22	28	5:22	9.75	1:02:34	6:25	2	27	16:18	27	16:18	
Lap 4	3.25	21:26	6:35	3	29	4:39	29	5:00	13.00	1:24:00	6:27	2	27	20:57	27	20:57	
Lap 5	3.25	21:57	6:45	3	28	4:05	28	5:22	16.25	1:45:57	6:31	2	27	25:02	27	25:02	
Lap 6	3.25	21:41	6:40	3	29	3:04	29	4:51	19.50	2:07:38	6:32	3	29	28:06	29	29:26	
Lap 7	3.25	22:12	6:49	3	30	3:03	30	5:17	22.75	2:29:50	6:35	3	29	31:09	29	34:43	
Lap 8	3.25	22:57	7:03	3	29	3:06	29	5:39	26.00	2:52:47	6:38	3	29	34:15	29	40:22	
Lap 9	3.25	24:27	7:31	3	31	5:21	31	6:45	29.25	3:17:14	6:44	3	29	39:36	29	47:07	
Lap 10	3.25	25:29	7:50	3	30	5:59	30	7:28	32.50	3:42:43	6:51	3	30	45:35	30	54:35	
Lap 11	3.25	26:44	8:13	3	31	7:54	31	9:01	35.75	4:09:27	6:58	3	30	53:29	30	1:03:08	
Lap 12	3.25	25:32	7:51	3	28	7:54	28	7:54	39.00	4:34:59	7:03	3	30	1:01:23	30	1:10:19	
Last lap Finish	3.25	23:18	7:10	3	24	5:17	24	6:03	42.25	4:58:17	7:03	3	29	1:06:40	29	1:15:35	