



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Gren, Susanne

Club: Klub 100 marathon Danmark

Number: 663

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 5:02:38

Speed: 8.33 km/h

Running performance: 7:10 min/km

Rank in course/Total: 182 (of 193)

Rank in course/Women: 31 (of 32)

Best time in course: 3:42:42

Rank in category: 6(of 7)

Best time in the category: 3:55:15

Intermediate times

Stage score

Total ranking

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	20:35	6:19	5	3:01	26	6:12	3.25	20:35	6:19	5	3:01	26	6:12
Lap 2	3.25	21:04	6:28	6	3:08	29	5:14	6.50	41:39	6:24	5	6:09	27	11:26
Lap 3	3.25	21:38	6:39	6	3:23	29	5:35	9.75	1:03:17	6:29	6	9:32	29	17:01
Lap 4	3.25	22:07	6:48	6	4:02	31	5:41	13.00	1:25:24	6:34	6	13:11	29	22:21
Lap 5	3.25	22:25	6:53	6	4:19	29	5:50	16.25	1:47:49	6:38	6	16:14	30	26:54
Lap 6	3.25	22:49	7:01	6	5:15	31	5:59	19.50	2:10:38	6:41	6	21:29	30	32:26
Lap 7	3.25	22:15	6:50	6	4:19	31	5:20	22.75	2:32:53	6:43	6	25:48	30	37:46
Lap 8	3.25	23:04	7:05	6	5:13	31	5:46	26.00	2:55:57	6:46	6	31:01	30	43:32
Lap 9	3.25	23:52	7:20	5	5:51	29	6:10	29.25	3:19:49	6:49	6	36:52	30	49:42
Lap 10	3.25	24:21	7:29	5	6:14	27	6:20	32.50	3:44:10	6:53	6	43:06	31	56:02
Lap 11	3.25	25:20	7:47	6	7:37	29	7:37	35.75	4:09:30	6:58	6	50:43	31	1:03:11
Lap 12	3.25	26:54	8:16	7	8:21	31	9:16	39.00	4:36:24	7:05	6	59:04	31	1:11:44
Last lap Finish	3.25	26:14	8:04	6	8:19	30	8:59	42.25	5:02:38	7:09	6	1:07:23	31	1:19:56