



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Fender, Birgit

Club: marathon4you.de

Number: 643

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 5:15:53

Speed: 8.03 km/h

Running performance: 7:29 min/km

Rank in course/Total: 189 (of 193)

Rank in course/Women: 32 (of 32)

Best time in course: 3:42:42

Rank in category: 7(of 7)

Best time in the category: 3:55:15

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	21:10	6:30	6	3:36	29	6:47	3.25	21:10	6:30	6	3:36	29	6:47		
Lap 2	3.25	21:58	6:45	7	4:02	31	6:08	6.50	43:08	6:38	7	7:38	31	12:55		
Lap 3	3.25	22:17	6:51	7	4:02	31	6:14	9.75	1:05:25	6:42	7	11:40	31	19:09		
Lap 4	3.25	22:46	7:00	7	4:41	32	6:20	13.00	1:28:11	6:46	7	15:58	31	25:08		
Lap 5	3.25	23:04	7:05	7	4:58	32	6:29	16.25	1:51:15	6:50	7	19:40	32	30:20		
Lap 6	3.25	23:35	7:15	7	6:01	32	6:45	19.50	2:14:50	6:54	7	25:41	32	36:38		
Lap 7	3.25	24:25	7:30	7	6:29	32	7:30	22.75	2:39:15	7:00	7	32:10	32	44:08		
Lap 8	3.25	25:46	7:55	7	7:55	32	8:28	26.00	3:05:01	7:06	7	40:05	32	52:36		
Lap 9	3.25	26:11	8:03	7	8:10	32	8:29	29.25	3:31:12	7:13	7	48:15	32	1:01:05		
Lap 10	3.25	26:10	8:03	7	8:03	31	8:09	32.50	3:57:22	7:18	7	56:18	32	1:09:14		
Lap 11	3.25	25:02	7:42	5	7:19	28	7:19	35.75	4:22:24	7:20	7	1:03:37	32	1:16:05		
Lap 12	3.25	26:22	8:06	5	7:49	29	8:44	39.00	4:48:46	7:24	7	1:11:26	32	1:24:06		
Last lap Finish	3.25	27:07	8:20	7	9:12	31	9:52	42.25	5:15:53	7:28	7	1:20:38	32	1:33:11		