



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Roth, Susanne

Club: Crazy Runners Team Frankenwald
Number: 478

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:11:01

Speed: 10.08 km/h
Running performance: 5:46 min/km

Rank in course/Total: 111 (of 244)

Rank in course/Women: 22 (of 67)

Best time in course: 1:47:05

Rank in category: 4(of 8)

Best time in the category: 1:49:31

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	19:02	5:51	5	4:25	30	4:39	3.25	19:02	5:51	5	4:25	30	4:39
Lap 2	3.25	18:29	5:41	5	3:16	28	3:34	6.50	37:31	5:46	5	7:41	29	8:13
Lap 3	3.25	18:22	5:39	4	2:47	23	3:24	9.75	55:53	5:43	5	10:28	27	11:36
Lap 4	3.25	18:54	5:48	4	3:06	23	3:29	13.00	1:14:47	5:45	5	13:34	27	15:05
Lap 5	3.25	18:33	5:42	3	2:34	18	2:49	16.25	1:33:20	5:44	4	16:08	23	17:48
Lap 6	3.25	18:54	5:48	4	2:49	17	3:21	19.50	1:52:14	5:45	4	18:57	22	20:51
Last lap Finish	3.25	18:47	5:46	3	2:33	17	3:38	22.75	2:11:01	5:45	4	21:30	22	23:56