



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Trescher, Elisabeth**

Club: Team Obenhaus

Number: 529

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:24:17

Speed: 9.46 km/h

Running performance: 6:20 min/km

Rank in course/Total: 163 (of 244)

Rank in course/Women: 35 (of 67)

Best time in course: 1:47:05

Rank in category: 7(of 12)

Best time in the category: 1:54:43

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 3.25        | 20:33         | 6:19            | 10          | 4:52           | 44           | 6:10            | 3.25          | 20:33         | 6:19            | 10          | 4:52           | 44           | 6:10            |
| Lap 2           | 3.25        | 19:28         | 5:59            | 8           | 3:39           | 33           | 4:33            | 6.50          | 40:01         | 6:09            | 8           | 8:31           | 36           | 10:43           |
| Lap 3           | 3.25        | 19:52         | 6:06            | 7           | 3:56           | 33           | 4:54            | 9.75          | 59:53         | 6:08            | 8           | 12:27          | 35           | 15:36           |
| Lap 4           | 3.25        | 20:37         | 6:20            | 8           | 4:17           | 36           | 5:12            | 13.00         | 1:20:30       | 6:11            | 8           | 16:44          | 35           | 20:48           |
| Lap 5           | 3.25        | 20:34         | 6:19            | 6           | 3:44           | 34           | 4:50            | 16.25         | 1:41:04       | 6:13            | 8           | 20:28          | 35           | 25:32           |
| Lap 6           | 3.25        | 21:43         | 6:40            | 8           | 4:47           | 38           | 6:10            | 19.50         | 2:02:47       | 6:17            | 7           | 25:15          | 35           | 31:24           |
| Last lap Finish | 3.25        | 21:30         | 6:36            | 7           | 4:19           | 32           | 6:21            | 22.75         | 2:24:17       | 6:20            | 7           | 29:34          | 35           | 37:12           |