



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 641

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:01:13

Speed: 10.45 km/h

Running performance: 5:43 min/km

Rank in course/Total: 57 (of 185)

Rank in course/Women: 5 (of 24)

Best time in course: 3:31:50

Rank in category: 1(of 5)

Best time in the category: 4:01:13

Intermediate times				Stage score				Total ranking						
Control	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	17:33	5:24	1	-	6	2:03	3.25	17:33	5:24	1	-	6	2:03
Lap 2	3.25	17:55	5:30	1	-	5	2:05	6.50	35:28	5:27	1	-	6	4:06
Lap 3	3.25	17:58	5:31	1	-	5	1:57	9.75	53:26	5:28	1	-	6	6:03
Lap 4	3.25	18:12	5:35	1	-	6	1:43	13.00	1:11:38	5:30	1	-	6	7:46
Lap 5	3.25	20:02	6:09	1	-	9	3:54	16.25	1:31:40	5:38	1	-	6	11:40
Lap 6	3.25	18:28	5:40	1	-	5	2:06	19.50	1:50:08	5:38	1	-	6	13:30
Lap 7	3.25	18:18	5:37	1	-	5	1:59	22.75	2:08:26	5:38	1	-	6	15:12
Lap 8	3.25	18:24	5:39	1	-	4	1:53	26.00	2:26:50	5:38	1	-	5	17:05
Lap 9	3.25	19:21	5:57	1	-	5	3:17	29.25	2:46:11	5:40	1	-	5	20:22
Lap 10	3.25	18:04	5:33	1	-	3	1:37	32.50	3:04:15	5:40	1	-	5	21:59
Lap 11	3.25	19:09	5:53	1	-	4	2:23	35.75	3:23:24	5:41	1	-	5	24:22
Lap 12	3.25	19:15	5:55	1	-	4	2:34	39.00	3:42:39	5:42	1	-	5	26:56
Last lap Finish	3.25	18:34	5:42	1	-	4	2:27	42.25	4:01:13	5:42	1	-	5	29:23