



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Horn, Melanie

Club: SC Oberlahn

Number: 679

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:11:54

Speed: 10.00 km/h

Running performance: 5:58 min/km

Rank in course/Total: 81 (of 185)

Rank in course/Women: 6 (of 24)

Best time in course: 3:31:50

Rank in category: 1(of 3)

Best time in the category: 4:11:54

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	17:01	5:14	1	-	4	1:31	3.25	17:01	5:14	1	-	4	1:31
Lap 2	3.25	18:03	5:33	1	-	6	2:13	6.50	35:04	5:23	1	-	5	3:42
Lap 3	3.25	18:04	5:33	1	-	6	2:03	9.75	53:08	5:26	1	-	5	5:45
Lap 4	3.25	18:11	5:35	1	-	5	1:42	13.00	1:11:19	5:29	1	-	5	7:27
Lap 5	3.25	18:23	5:39	1	-	5	2:15	16.25	1:29:42	5:31	1	-	5	9:42
Lap 6	3.25	19:03	5:51	1	-	7	2:41	19.50	1:48:45	5:34	1	-	5	12:07
Lap 7	3.25	19:19	5:56	1	-	7	3:00	22.75	2:08:04	5:37	1	-	5	14:50
Lap 8	3.25	20:01	6:09	2	0:20	8	3:30	26.00	2:28:05	5:41	1	-	6	18:20
Lap 9	3.25	20:24	6:16	2	0:12	8	4:20	29.25	2:48:29	5:45	1	-	6	22:40
Lap 10	3.25	20:42	6:22	1	-	6	4:15	32.50	3:09:11	5:49	1	-	6	26:55
Lap 11	3.25	20:26	6:17	1	-	6	3:40	35.75	3:29:37	5:51	1	-	6	30:35
Lap 12	3.25	21:06	6:29	1	-	7	4:25	39.00	3:50:43	5:54	1	-	6	35:00
Last lap Finish	3.25	21:11	6:31	2	0:41	8	5:04	42.25	4:11:54	5:57	1	-	6	40:04