



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

### Schwalbe, Dörte

Club: ESV Lok Zwickau

Number: 793

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:40:21

Speed: 9.04 km/h

Running performance: 6:38 min/km

Rank in course/Total: 136 (of 185)

Rank in course/Women: 11 (of 24)

Best time in course: 3:31:50

Rank in category: 4(of 7)

Best time in the category: 3:31:50

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	21:13	6:31	6	5:43	15	5:43	3.25	21:13	6:31	6	5:43	15	5:43
Lap 2	3.25	21:28	6:36	6	5:31	16	5:38	6.50	42:41	6:33	6	11:14	16	11:19
Lap 3	3.25	21:15	6:32	6	4:56	15	5:14	9.75	1:03:56	6:33	6	16:06	15	16:33
Lap 4	3.25	21:36	6:38	6	5:06	15	5:07	13.00	1:25:32	6:34	6	21:12	15	21:40
Lap 5	3.25	20:54	6:25	5	4:41	12	4:46	16.25	1:46:26	6:32	6	25:53	15	26:26
Lap 6	3.25	21:33	6:37	6	5:11	16	5:11	19.50	2:07:59	6:33	6	31:04	15	31:21
Lap 7	3.25	21:15	6:32	5	4:56	11	4:56	22.75	2:29:14	6:33	6	36:00	14	36:00
Lap 8	3.25	23:03	7:05	6	6:32	16	6:32	26.00	2:52:17	6:37	6	42:32	16	42:32
Lap 9	3.25	21:14	6:31	4	5:10	10	5:10	29.25	3:13:31	6:36	6	47:42	15	47:42
Lap 10	3.25	22:03	6:47	4	5:36	11	5:36	32.50	3:35:34	6:37	6	53:18	14	53:18
Lap 11	3.25	21:27	6:35	4	4:41	8	4:41	35.75	3:57:01	6:37	6	57:59	13	57:59
Lap 12	3.25	21:37	6:39	4	4:56	8	4:56	39.00	4:18:38	6:37	4	1:02:55	11	1:02:55
Last lap Finish	3.25	21:43	6:40	4	5:36	9	5:36	42.25	4:40:21	6:38	4	1:08:31	11	1:08:31