



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Fender, Birgit

Club: Rutesheim

Number: 632

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 5:17:09

Speed: 7.95 km/h

Running performance: 7:31 min/km

Rank in course/Total: 171 (of 185)

Rank in course/Women: 18 (of 24)

Best time in course: 3:31:50

Rank in category: 3(of 5)

Best time in the category: 4:01:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	22:15	6:50	4	4:42	20	6:45	3.25	22:15	6:50	4	4:42	20	6:45
Lap 2	3.25	22:21	6:52	3	4:26	18	6:31	6.50	44:36	6:51	3	9:08	19	13:14
Lap 3	3.25	22:36	6:57	3	4:38	19	6:35	9.75	1:07:12	6:53	3	13:46	17	19:49
Lap 4	3.25	23:29	7:13	4	5:17	20	7:00	13.00	1:30:41	6:58	3	19:03	18	26:49
Lap 5	3.25	22:49	7:01	3	2:47	18	6:41	16.25	1:53:30	6:59	3	21:50	18	33:30
Lap 6	3.25	23:48	7:19	3	5:20	19	7:26	19.50	2:17:18	7:02	3	27:10	18	40:40
Lap 7	3.25	24:27	7:31	3	6:09	21	8:08	22.75	2:41:45	7:06	3	33:19	18	48:31
Lap 8	3.25	25:12	7:45	3	6:48	22	8:41	26.00	3:06:57	7:11	3	40:07	18	57:12
Lap 9	3.25	25:47	7:56	3	6:26	18	9:43	29.25	3:32:44	7:16	3	46:33	19	1:06:55
Lap 10	3.25	25:48	7:56	3	7:44	21	9:21	32.50	3:58:32	7:20	3	54:17	19	1:16:16
Lap 11	3.25	26:02	8:00	3	6:53	18	9:16	35.75	4:24:34	7:24	3	1:01:10	20	1:25:32
Lap 12	3.25	25:40	7:53	3	6:25	19	8:59	39.00	4:50:14	7:26	3	1:07:35	19	1:34:31
Last lap Finish	3.25	26:55	8:16	4	8:21	21	10:48	42.25	5:17:09	7:30	3	1:15:56	18	1:45:19