



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Richter, Alexandra

Club: Lauf Team Unna

Number: 764

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 5:19:22

Speed: 7.89 km/h

Running performance: 7:34 min/km

Rank in course/Total: 172 (of 185)

Rank in course/Women: 19 (of 24)

Best time in course: 3:31:50

Rank in category: 1(of 2)

Best time in the category: 5:19:22

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	23:02	7:05	2	0:02	22	7:32	3.25	23:02	7:05	2	0:02	22	7:32
Lap 2	3.25	24:07	7:25	2	1:35	23	8:17	6.50	47:09	7:15	2	1:37	23	15:47
Lap 3	3.25	23:52	7:20	2	2:10	21	7:51	9.75	1:11:01	7:17	2	3:47	23	23:38
Lap 4	3.25	23:50	7:19	2	1:44	21	7:21	13.00	1:34:51	7:17	2	5:31	23	30:59
Lap 5	3.25	24:11	7:26	2	2:00	21	8:03	16.25	1:59:02	7:19	2	7:31	23	39:02
Lap 6	3.25	23:37	7:15	2	0:41	18	7:15	19.50	2:22:39	7:18	2	8:12	21	46:01
Lap 7	3.25	20:42	6:22	1	-	9	4:23	22.75	2:43:21	7:10	2	5:15	19	50:07
Lap 8	3.25	24:33	7:33	2	0:16	19	8:02	26.00	3:07:54	7:13	2	5:31	19	58:09
Lap 9	3.25	26:31	8:09	1	-	19	10:27	29.25	3:34:25	7:19	2	5:31	20	1:08:36
Lap 10	3.25	25:31	7:51	1	-	20	9:04	32.50	3:59:56	7:22	2	5:10	20	1:17:40
Lap 11	3.25	24:28	7:31	1	-	16	7:42	35.75	4:24:24	7:23	2	0:40	19	1:25:22
Lap 12	3.25	25:33	7:51	1	-	17	8:52	39.00	4:49:57	7:26	1	-	18	1:34:14
Last lap Finish	3.25	29:25	9:03	1	-	22	13:18	42.25	5:19:22	7:33	1	-	19	1:47:32