



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Rockmann, Lana

Club: Ne Wurst geht immer

Number: 769

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 5:23:08

Speed: 7.80 km/h

Running performance: 7:39 min/km

Rank in course/Total: 175 (of 185)

Rank in course/Women: 20 (of 24)

Best time in course: 3:31:50

Rank in category: 7(of 7)

Best time in the category: 3:31:50

Control	Intermediate times								Stage score				Total ranking			
	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	21:00	6:27	5	5:30	14	5:30	3.25	21:00	6:27	5	5:30	14	5:30		
Lap 2	3.25	22:38	6:57	7	6:41	21	6:48	6.50	43:38	6:42	7	12:11	17	12:16		
Lap 3	3.25	24:43	7:36	7	8:24	23	8:42	9.75	1:08:21	7:00	7	20:31	20	20:58		
Lap 4	3.25	26:12	8:03	7	9:42	23	9:43	13.00	1:34:33	7:16	7	30:13	21	30:41		
Lap 5	3.25	24:21	7:29	7	8:08	22	8:13	16.25	1:58:54	7:19	7	38:21	21	38:54		
Lap 6	3.25	24:47	7:37	7	8:25	23	8:25	19.50	2:23:41	7:22	7	46:46	22	47:03		
Lap 7	3.25	24:06	7:24	7	7:47	19	7:47	22.75	2:47:47	7:22	7	54:33	22	54:33		
Lap 8	3.25	24:48	7:37	7	8:17	20	8:17	26.00	3:12:35	7:24	7	1:02:50	22	1:02:50		
Lap 9	3.25	27:14	8:22	7	11:10	22	11:10	29.25	3:39:49	7:30	7	1:14:00	22	1:14:00		
Lap 10	3.25	25:21	7:48	7	8:54	18	8:54	32.50	4:05:10	7:32	7	1:22:54	22	1:22:54		
Lap 11	3.25	26:30	8:09	7	9:44	20	9:44	35.75	4:31:40	7:35	7	1:32:38	21	1:32:38		
Lap 12	3.25	26:06	8:01	7	9:25	21	9:25	39.00	4:57:46	7:38	7	1:42:03	21	1:42:03		
Last lap Finish	3.25	25:22	7:48	6	9:15	17	9:15	42.25	5:23:08	7:38	7	1:51:18	20	1:51:18		