



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dilling, Daniela

Club: Bad Freienwalde

Number: 624

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 5:24:26

Speed: 7.81 km/h

Running performance: 7:41 min/km

Rank in course/Total: 176 (of 185)

Rank in course/Women: 22 (of 24)

Best time in course: 3:31:50

Rank in category: 4(of 5)

Best time in the category: 4:01:13

Intermediate times

Stage score

Total ranking

| Control | Split | | | Pos | | Behind | | Total | | | Pos | | Behind | |
|-----------------|-------|-------|--------|------|------|--------|-------|-------|---------|--------|------|---------|--------|---------|
| | km | Time | min/km | Cat. | Cat. | Women | Women | km | Time | min/km | Cat. | Cat. | Women | Women |
| Lap 1 | 3.25 | 22:14 | 6:50 | 3 | 4:41 | 19 | 6:44 | 3.25 | 22:14 | 6:50 | 3 | 4:41 | 19 | 6:44 |
| Lap 2 | 3.25 | 22:32 | 6:56 | 4 | 4:37 | 19 | 6:42 | 6.50 | 44:46 | 6:53 | 4 | 9:18 | 20 | 13:24 |
| Lap 3 | 3.25 | 22:58 | 7:03 | 4 | 5:00 | 20 | 6:57 | 9.75 | 1:07:44 | 6:56 | 4 | 14:18 | 19 | 20:21 |
| Lap 4 | 3.25 | 23:18 | 7:10 | 3 | 5:06 | 19 | 6:49 | 13.00 | 1:31:02 | 7:00 | 4 | 19:24 | 19 | 27:10 |
| Lap 5 | 3.25 | 23:55 | 7:21 | 4 | 3:53 | 20 | 7:47 | 16.25 | 1:54:57 | 7:04 | 4 | 23:17 | 19 | 34:57 |
| Lap 6 | 3.25 | 24:17 | 7:28 | 4 | 5:49 | 21 | 7:55 | 19.50 | 2:19:14 | 7:08 | 4 | 29:06 | 19 | 42:36 |
| Lap 7 | 3.25 | 24:50 | 7:38 | 4 | 6:32 | 23 | 8:31 | 22.75 | 2:44:04 | 7:12 | 4 | 35:38 | 20 | 50:50 |
| Lap 8 | 3.25 | 26:26 | 8:07 | 4 | 8:02 | 23 | 9:55 | 26.00 | 3:10:30 | 7:19 | 4 | 43:40 | 21 | 1:00:45 |
| Lap 9 | 3.25 | 27:05 | 8:19 | 4 | 7:44 | 21 | 11:01 | 29.25 | 3:37:35 | 7:26 | 4 | 51:24 | 21 | 1:11:46 |
| Lap 10 | 3.25 | 27:09 | 8:21 | 4 | 9:05 | 23 | 10:42 | 32.50 | 4:04:44 | 7:31 | 4 | 1:00:29 | 21 | 1:22:28 |
| Lap 11 | 3.25 | 28:15 | 8:41 | 4 | 9:06 | 22 | 11:29 | 35.75 | 4:32:59 | 7:38 | 4 | 1:09:35 | 23 | 1:33:57 |
| Lap 12 | 3.25 | 27:51 | 8:34 | 4 | 8:36 | 22 | 11:10 | 39.00 | 5:00:50 | 7:42 | 4 | 1:18:11 | 23 | 1:45:07 |
| Last lap Finish | 3.25 | 23:36 | 7:15 | 3 | 5:02 | 13 | 7:29 | 42.25 | 5:24:26 | 7:40 | 4 | 1:23:13 | 22 | 1:52:36 |