



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Kolax, Andrea

Club: Wutha-Farnroda

Number: 359

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:56:39

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 51 (of 159)

Rank in course/Women: 7 (of 37)

Best time in course: 1:42:13

Rank in category: 2(of 8)

Best time in the category: 1:56:25

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	14:16	4:23	1	-	2	0:59	3.25	14:16	4:23	1	-	2	0:59
Lap 2	3.25	15:28	4:45	1	-	4	1:24	6.50	29:44	4:34	1	-	3	2:23
Lap 3	3.25	16:14	4:59	1	-	4	1:49	9.75	45:58	4:42	1	-	4	4:12
Lap 4	3.25	16:48	5:10	2	0:10	7	2:01	13.00	1:02:46	4:49	1	-	4	6:13
Lap 5	3.25	17:19	5:19	3	0:24	8	2:22	16.25	1:20:05	4:55	1	-	4	8:35
Lap 6	3.25	18:12	5:35	5	0:35	11	2:53	19.50	1:38:17	5:02	1	-	5	11:28
Last lap Finish	3.25	18:22	5:39	5	1:39	12	3:20	22.75	1:56:39	5:07	2	0:14	7	14:26