



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Heidenbluth, Anja

Club: KSV Baunatal

Number: 334

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:01:38

Speed: 10.85 km/h

Running performance: 5:21 min/km

Rank in course/Total: 66 (of 159)

Rank in course/Women: 10 (of 37)

Best time in course: 1:42:13

Rank in category: 4(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	17:36	5:24	5	3:20	14	4:19	3.25	17:36	5:24	5	3:20	14	4:19
Lap 2	3.25	17:18	5:19	4	1:50	12	3:14	6.50	34:54	5:22	5	5:10	13	7:33
Lap 3	3.25	17:23	5:20	4	1:09	10	2:58	9.75	52:17	5:21	4	6:19	11	10:31
Lap 4	3.25	17:04	5:15	3	0:26	8	2:17	13.00	1:09:21	5:20	4	6:35	10	12:48
Lap 5	3.25	17:14	5:18	2	0:19	7	2:17	16.25	1:26:35	5:19	4	6:30	10	15:05
Lap 6	3.25	17:38	5:25	2	0:01	7	2:19	19.50	1:44:13	5:20	4	5:56	10	17:24
Last lap Finish	3.25	17:25	5:21	2	0:42	7	2:23	22.75	2:01:38	5:20	4	5:13	10	19:25