



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Heimke, Claudia

Club: steilformat.de

Number: 544

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:11:59

Speed: 10.00 km/h

Running performance: 5:48 min/km

Rank in course/Total: 94 (of 159)

Rank in course/Women: 18 (of 37)

Best time in course: 1:42:13

Rank in category: 6(of 9)

Best time in the category: 1:45:46

Intermediate times

Stage score

Total ranking

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	17:48	5:28	5	3:32	16	4:31	3.25	17:48	5:28	5	3:32	16	4:31
Lap 2	3.25	17:49	5:28	6	2:47	15	3:45	6.50	35:37	5:28	5	6:19	15	8:16
Lap 3	3.25	18:29	5:41	6	3:16	16	4:04	9.75	54:06	5:32	5	9:35	14	12:20
Lap 4	3.25	18:52	5:48	6	3:27	20	4:05	13.00	1:12:58	5:36	6	13:02	17	16:25
Lap 5	3.25	19:01	5:51	5	3:33	20	4:04	16.25	1:31:59	5:39	5	16:35	16	20:29
Lap 6	3.25	19:04	5:51	4	3:44	14	3:45	19.50	1:51:03	5:41	5	20:19	16	24:14
Last lap Finish	3.25	20:56	6:26	6	5:54	23	5:54	22.75	2:11:59	5:48	6	26:13	18	29:46