



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Wyrwal, Nadja

Club: Essen
Number: 452

Course: 22.75 km
Halbmarathon

Category:
Frauen (20-29 Jahre)

Total time: 2:15:55

Speed: 9.71 km/h
Running performance: 5:58 min/km

Rank in course/Total: 108 (of 159)

Rank in course/Women: 24 (of 37)

Best time in course: 1:42:13

Rank in category: 5(of 7)

Best time in the category: 1:42:13

Intermediate times				Stage score				Total ranking						
Control	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	18:43	5:45	6	5:26	24	5:26	3.25	18:43	5:45	6	5:26	24	5:26
Lap 2	3.25	18:12	5:35	5	4:08	19	4:08	6.50	36:55	5:40	5	9:34	19	9:34
Lap 3	3.25	18:05	5:33	2	3:40	13	3:40	9.75	55:00	5:38	5	13:14	19	13:14
Lap 4	3.25	18:09	5:35	4	3:22	13	3:22	13.00	1:13:09	5:37	5	16:36	19	16:36
Lap 5	3.25	18:56	5:49	5	3:59	17	3:59	16.25	1:32:05	5:39	5	20:35	19	20:35
Lap 6	3.25	21:40	6:40	5	6:21	24	6:21	19.50	1:53:45	5:49	5	26:56	20	26:56
Last lap Finish	3.25	22:10	6:49	5	6:46	24	7:08	22.75	2:15:55	5:58	5	33:42	24	33:42