



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Hark, Andrea

Club: Vorwärts Köln

Number: 541

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:14:32

Speed: 9.81 km/h

Running performance: 5:55 min/km

Rank in course/Total: 100 (of 159)

Rank in course/Women: 21 (of 37)

Best time in course: 1:42:13

Rank in category: 1(of 2)

Best time in the category: 2:14:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:22	5:39	1	-	19	5:05	3.25	18:22	5:39	1	-	19	5:05
Lap 2	3.25	18:43	5:45	1	-	23	4:39	6.50	37:05	5:42	1	-	22	9:44
Lap 3	3.25	19:14	5:55	1	-	24	4:49	9.75	56:19	5:46	1	-	22	14:33
Lap 4	3.25	19:12	5:54	1	-	23	4:25	13.00	1:15:31	5:48	1	-	23	18:58
Lap 5	3.25	19:30	6:00	1	-	22	4:33	16.25	1:35:01	5:50	1	-	22	23:31
Lap 6	3.25	19:44	6:04	1	-	20	4:25	19.50	1:54:45	5:53	1	-	22	27:56
Last lap Finish	3.25	19:47	6:05	1	-	19	4:45	22.75	2:14:32	5:54	1	-	21	32:19