



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Winkel, Nadja

Club: OCR Frankfurt

Number: 447

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:31:39

Speed: 8.70 km/h

Running performance: 6:40 min/km

Rank in course/Total: 136 (of 159)

Rank in course/Women: 28 (of 37)

Best time in course: 1:42:13

Rank in category: 7(of 9)

Best time in the category: 1:45:46

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	19:21	5:57	7	5:05	26	6:04	3.25	19:21	5:57	7	5:05	26	6:04
Lap 2	3.25	20:42	6:22	7	5:40	27	6:38	6.50	40:03	6:09	7	10:45	27	12:42
Lap 3	3.25	21:25	6:35	7	6:12	28	7:00	9.75	1:01:28	6:18	7	16:57	27	19:42
Lap 4	3.25	21:53	6:44	7	6:28	28	7:06	13.00	1:23:21	6:24	7	23:25	27	26:48
Lap 5	3.25	22:24	6:53	7	6:56	28	7:27	16.25	1:45:45	6:30	7	30:21	27	34:15
Lap 6	3.25	22:50	7:01	7	7:30	28	7:31	19.50	2:08:35	6:35	7	37:51	28	41:46
Last lap Finish	3.25	23:04	7:05	7	8:02	29	8:02	22.75	2:31:39	6:39	7	45:53	28	49:26