



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

KUNLE, Heike

Club: CRAZY RUNNERS TEAM FRANKENWALD

Number: 74

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:28:35

Speed: 8.88 km/h

Running performance: 6:32 min/km

Rank in course/Total: 115 (of 149)

Rank in course/Women: 21 (of 35)

Best time in course: 1:49:12

Rank in category: 8(of 10)

Best time in the category: 1:58:21

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	18:58	5:50	8	3:04	19	4:31	3.25	18:58	5:50	8	3:04	19	4:31
Lap 2	3.25	20:13	6:13	8	3:39	19	5:25	6.50	39:11	6:01	8	6:43	19	9:56
Lap 3	3.25	20:35	6:19	7	3:27	19	5:18	9.75	59:46	6:07	8	10:10	19	15:14
Lap 4	3.25	22:15	6:50	9	5:19	26	6:35	13.00	1:22:01	6:18	8	15:29	20	21:49
Lap 5	3.25	21:41	6:40	7	4:20	20	5:36	16.25	1:43:42	6:22	8	19:49	21	27:25
Lap 6	3.25	22:07	6:48	8	4:39	19	6:17	19.50	2:05:49	6:27	8	24:28	20	33:19
Last lap Finish	3.25	22:46	7:00	7	5:46	21	6:49	22.75	2:28:35	6:31	8	30:14	21	39:23