



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

NÜBEL, Anja

Club: Laufftreff Wunstorf

Number: 465

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:25:05

Speed: 9.10 km/h

Running performance: 6:23 min/km

Rank in course/Total: 186 (of 261)

Rank in course/Women: 22 (of 46)

Best time in course: 1:46:29

Rank in category: 5(of 7)

Best time in the category: 1:53:10

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	20:52	6:25	6	6:03	33	7:41	3.25	20:52	6:25	6	6:03	33	7:41
Lap 2	3.25	20:16	6:14	5	4:54	24	6:04	6.50	41:08	6:19	5	10:57	27	13:45
Lap 3	3.25	20:26	6:17	5	4:36	23	5:33	9.75	1:01:34	6:18	5	15:33	26	19:18
Lap 4	3.25	20:34	6:19	5	4:16	21	5:18	13.00	1:22:08	6:19	5	19:49	23	24:36
Lap 5	3.25	20:49	6:24	5	3:59	20	5:04	16.25	1:42:57	6:20	5	23:48	23	29:32
Lap 6	3.25	21:03	6:28	5	4:01	21	4:56	19.50	2:04:00	6:21	5	27:49	22	33:56
Last lap Finish	3.25	21:05	6:29	6	4:06	20	5:30	22.75	2:25:05	6:22	5	31:55	22	38:36