



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

FROST, Talke

Club: @ a snails pace

Number: 365

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:36:23

Speed: 8.73 km/h

Running performance: 6:52 min/km

Rank in course/Total: 215 (of 261)

Rank in course/Women: 30 (of 46)

Best time in course: 1:46:29

Rank in category: 6(of 6)

Best time in the category: 1:59:53

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	19:45	6:04	5	4:10	22	6:34	3.25	19:45	6:04	5	4:10	22	6:34
Lap 2	3.25	20:55	6:26	6	4:39	29	6:43	6.50	40:40	6:15	6	8:30	25	13:17
Lap 3	3.25	22:06	6:48	6	5:07	32	7:13	9.75	1:02:46	6:26	6	13:37	29	20:30
Lap 4	3.25	22:57	7:03	6	5:30	31	7:41	13.00	1:25:43	6:35	6	18:54	30	28:11
Lap 5	3.25	23:06	7:06	6	5:23	30	7:21	16.25	1:48:49	6:41	6	24:17	30	35:24
Lap 6	3.25	23:18	7:10	6	5:24	30	7:11	19.50	2:12:07	6:46	6	29:41	31	42:03
Last lap Finish	3.25	24:16	7:28	6	6:49	31	8:41	22.75	2:36:23	6:52	6	36:30	30	49:54