



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HERDE, Cornelia

Club: Team ERDINGER Alkoholfrei

Number: 670

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 3:14:00

Speed: 6.80 km/h

Running performance: 8:32 min/km

Rank in course/Total: 248 (of 261)

Rank in course/Women: 42 (of 46)

Best time in course: 1:46:29

Rank in category: 7(of 9)

Best time in the category: 2:05:01

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	26:20	8:06	9	9:17	46	13:09	3.25	26:20	8:06	9	9:17	46	13:09
Lap 2	3.25	27:47	8:32	8	10:18	44	13:35	6.50	54:07	8:19	8	19:35	44	26:44
Lap 3	3.25	27:56	8:35	7	10:08	42	13:03	9.75	1:22:03	8:24	8	29:43	44	39:47
Lap 4	3.25	26:59	8:18	7	8:55	41	11:43	13.00	1:49:02	8:23	7	38:38	43	51:30
Lap 5	3.25	27:55	8:35	7	9:46	42	12:10	16.25	2:16:57	8:25	7	48:24	43	1:03:32
Lap 6	3.25	28:17	8:42	6	9:52	40	12:10	19.50	2:45:14	8:28	7	58:16	43	1:15:10
Last lap Finish	3.25	28:46	8:51	6	10:43	39	13:11	22.75	3:14:00	8:31	7	1:08:59	42	1:27:31