



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Timm, Jana

Club: Heul nicht, lauf!

Number: 514

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:04:40

Speed: 10.59 km/h

Running performance: 5:29 min/km

Rank in course/Total: 85 (of 244)

Rank in course/Women: 11 (of 65)

Best time in course: 1:42:53

Rank in category: 1(of 15)

Best time in the category: 2:04:40

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	16:21	5:01	2	0:11	10	2:29	3.25	16:21	5:01	2	0:11	10	2:29
Lap 2	3.25	17:20	5:19	3	1:20	17	2:41	6.50	33:41	5:10	1	-	10	5:10
Lap 3	3.25	17:44	5:27	4	3:01	17	3:01	9.75	51:25	5:16	2	0:04	12	8:08
Lap 4	3.25	18:01	5:32	3	0:24	17	3:08	13.00	1:09:26	5:20	2	0:08	15	11:16
Lap 5	3.25	18:15	5:36	3	2:39	17	3:11	16.25	1:27:41	5:23	1	-	14	14:27
Lap 6	3.25	18:22	5:39	3	0:31	12	3:14	19.50	1:46:03	5:26	1	-	14	17:41
Last lap Finish	3.25	18:37	5:43	4	0:14	14	4:06	22.75	2:04:40	5:28	1	-	11	21:47