



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Prange, Eva

Club: VfL Engelskirchen

Number: 464

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 2:10:45

Speed: 10.10 km/h

Running performance: 5:45 min/km

Rank in course/Total: 113 (of 244)

Rank in course/Women: 18 (of 65)

Best time in course: 1:42:53

Rank in category: 1(of 2)

Best time in the category: 2:10:45

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	18:14	5:36	1	-	21	4:22	3.25	18:14	5:36	1	-	21	4:22
Lap 2	3.25	17:15	5:18	1	-	16	2:36	6.50	35:29	5:27	1	-	19	6:58
Lap 3	3.25	17:52	5:29	1	-	19	3:09	9.75	53:21	5:28	1	-	17	10:04
Lap 4	3.25	19:00	5:50	1	-	20	4:07	13.00	1:12:21	5:33	1	-	19	14:11
Lap 5	3.25	19:34	6:01	2	0:02	24	4:30	16.25	1:31:55	5:39	1	-	19	18:41
Lap 6	3.25	19:57	6:08	2	0:20	23	4:49	19.50	1:51:52	5:44	1	-	20	23:30
Last lap Finish	3.25	18:53	5:48	1	-	16	4:22	22.75	2:10:45	5:44	1	-	18	27:52