



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Nickel, Pamela

Club: Mr. & Mrs. Smith

Number: 453

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:16:38

Speed: 9.66 km/h

Running performance: 6:01 min/km

Rank in course/Total: 144 (of 244)

Rank in course/Women: 27 (of 65)

Best time in course: 1:42:53

Rank in category: 7(of 15)

Best time in the category: 2:04:40

Intermediate times

Stage score

Total ranking

| Control | Split | | | Pos | | Behind | | Total | | | Pos | | Behind | |
|-----------------|-------|-------|--------|------|------|--------|-------|-------|---------|--------|------|-------|--------|-------|
| | km | Time | min/km | Cat. | Cat. | Women | Women | km | Time | min/km | Cat. | Cat. | Women | Women |
| Lap 1 | 3.25 | 25:06 | 7:43 | 15 | 8:56 | 65 | 11:14 | 3.25 | 25:06 | 7:43 | 15 | 8:56 | 65 | 11:14 |
| Lap 2 | 3.25 | 16:00 | 4:55 | 1 | - | 7 | 1:21 | 6.50 | 41:06 | 6:19 | 8 | 7:25 | 44 | 12:35 |
| Lap 3 | 3.25 | 14:43 | 4:31 | 1 | - | 1 | - | 9.75 | 55:49 | 5:43 | 6 | 4:28 | 24 | 12:32 |
| Lap 4 | 3.25 | 19:37 | 6:02 | 6 | 2:00 | 28 | 4:44 | 13.00 | 1:15:26 | 5:48 | 6 | 6:08 | 24 | 17:16 |
| Lap 5 | 3.25 | 15:36 | 4:47 | 1 | - | 3 | 0:32 | 16.25 | 1:31:02 | 5:36 | 4 | 3:21 | 18 | 17:48 |
| Lap 6 | 3.25 | 17:51 | 5:29 | 1 | - | 7 | 2:43 | 19.50 | 1:48:53 | 5:35 | 4 | 2:50 | 18 | 20:31 |
| Last lap Finish | 3.25 | 27:45 | 8:32 | 14 | 9:22 | 60 | 13:14 | 22.75 | 2:16:38 | 6:00 | 7 | 11:58 | 27 | 33:45 |