



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: 9.99 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 km	Split Time	Split min/km	Stage score				Total ranking						
				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	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