



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Nase, Sandra

Club: Eisenach

Number: 450

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:28:57

Speed: 9.16 km/h

Running performance: 6:33 min/km

Rank in course/Total: 185 (of 244)

Rank in course/Women: 39 (of 65)

Best time in course: 1:42:53

Rank in category: 3(of 11)

Best time in the category: 1:58:21

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	18:59	5:50	2	2:49	29	5:07	3.25	18:59	5:50	2	2:49	29	5:07
Lap 2	3.25	20:35	6:19	5	3:52	45	5:56	6.50	39:34	6:05	2	6:41	36	11:03
Lap 3	3.25	21:02	6:28	4	4:12	42	6:19	9.75	1:00:36	6:12	4	10:53	40	17:19
Lap 4	3.25	21:36	6:38	4	4:36	41	6:43	13.00	1:22:12	6:19	3	15:29	38	24:02
Lap 5	3.25	22:30	6:55	6	5:18	45	7:26	16.25	1:44:42	6:26	5	20:47	42	31:28
Lap 6	3.25	22:34	6:56	5	5:09	43	7:26	19.50	2:07:16	6:31	5	25:56	42	38:54
Last lap Finish	3.25	21:41	6:40	2	4:40	35	7:10	22.75	2:28:57	6:32	3	30:36	39	46:04