



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ostendorf, Nicole

Club: TSG Hatten-Sandkrug

Number: 457

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:29:00

Speed: 8.86 km/h

Running performance: 6:33 min/km

Rank in course/Total: 187 (of 244)

Rank in course/Women: 40 (of 65)

Best time in course: 1:42:53

Rank in category: 4(of 11)

Best time in the category: 1:58:21

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	20:40	6:21	6	4:30	42	6:48	3.25	20:40	6:21	6	4:30	42	6:48
Lap 2	3.25	19:28	5:59	2	2:45	32	4:49	6.50	40:08	6:10	5	7:15	40	11:37
Lap 3	3.25	21:25	6:35	7	4:35	48	6:42	9.75	1:01:33	6:18	5	11:50	44	18:16
Lap 4	3.25	20:53	6:25	2	3:53	38	6:00	13.00	1:22:26	6:20	4	15:43	42	24:16
Lap 5	3.25	22:07	6:48	4	4:55	42	7:03	16.25	1:44:33	6:26	4	20:38	41	31:19
Lap 6	3.25	21:41	6:40	3	4:16	36	6:33	19.50	2:06:14	6:28	3	24:54	40	37:52
Last lap Finish	3.25	22:46	7:00	5	5:45	42	8:15	22.75	2:29:00	6:32	4	30:39	40	46:07