



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Ernst, Jennifer

Club: Dreamteam

Number: 353

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:29:51

Speed: 8.81 km/h

Running performance: 6:35 min/km

Rank in course/Total: 188 (of 244)

Rank in course/Women: 41 (of 65)

Best time in course: 1:42:53

Rank in category: 5(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	19:34	6:01	3	3:24	33	5:42	3.25	19:34	6:01	3	3:24	33	5:42
Lap 2	3.25	20:00	6:09	4	3:17	40	5:21	6.50	39:34	6:05	2	6:41	36	11:03
Lap 3	3.25	20:39	6:21	2	3:49	40	5:56	9.75	1:00:13	6:10	2	10:30	37	16:56
Lap 4	3.25	21:51	6:43	5	4:51	44	6:58	13.00	1:22:04	6:18	2	15:21	37	23:54
Lap 5	3.25	22:10	6:49	5	4:58	43	7:06	16.25	1:44:14	6:24	3	20:19	40	31:00
Lap 6	3.25	22:47	7:00	6	5:22	44	7:39	19.50	2:07:01	6:30	4	25:41	41	38:39
Last lap Finish	3.25	22:50	7:01	6	5:49	43	8:19	22.75	2:29:51	6:35	5	31:30	41	46:58