



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Salomon, Annett

Club: Hanau

Number: 474

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:30:13

Speed: 9.09 km/h

Running performance: 6:36 min/km

Rank in course/Total: 190 (of 244)

Rank in course/Women: 42 (of 65)

Best time in course: 1:42:53

Rank in category: 6(of 11)

Best time in the category: 1:58:21

Intermediate times				Stage score				Total ranking						
Control	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	20:59	6:27	8	4:49	51	7:07	3.25	20:59	6:27	8	4:49	51	7:07
Lap 2	3.25	20:40	6:21	6	3:57	46	6:01	6.50	41:39	6:24	8	8:46	49	13:08
Lap 3	3.25	21:07	6:29	5	4:17	44	6:24	9.75	1:02:46	6:26	7	13:03	48	19:29
Lap 4	3.25	21:13	6:31	3	4:13	40	6:20	13.00	1:23:59	6:27	6	17:16	45	25:49
Lap 5	3.25	21:14	6:31	2	4:02	36	6:10	16.25	1:45:13	6:28	6	21:18	44	31:59
Lap 6	3.25	22:25	6:53	4	5:00	41	7:17	19.50	2:07:38	6:32	6	26:18	43	39:16
Last lap Finish	3.25	22:35	6:56	4	5:34	39	8:04	22.75	2:30:13	6:36	6	31:52	42	47:20