



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Kahmann, Katja

Club: LG Mauerweg Berlin

Number: 399

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:35:06

Speed: 8.51 km/h

Running performance: 6:49 min/km

Rank in course/Total: 202 (of 244)

Rank in course/Women: 46 (of 65)

Best time in course: 1:42:53

Rank in category: 11(of 15)

Best time in the category: 2:04:40

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	20:44	6:22	8	4:34	44	6:52	3.25	20:44	6:22	8	4:34	44	6:52
Lap 2	3.25	21:09	6:30	11	5:09	50	6:30	6.50	41:53	6:26	11	8:12	51	13:22
Lap 3	3.25	22:39	6:58	13	7:56	55	7:56	9.75	1:04:32	6:37	12	13:11	52	21:15
Lap 4	3.25	21:42	6:40	10	4:05	42	6:49	13.00	1:26:14	6:38	11	16:56	49	28:04
Lap 5	3.25	22:36	6:57	10	7:00	46	7:32	16.25	1:48:50	6:41	11	21:09	49	35:36
Lap 6	3.25	22:23	6:53	9	4:32	40	7:15	19.50	2:11:13	6:43	11	25:10	48	42:51
Last lap Finish	3.25	23:53	7:20	12	5:30	48	9:22	22.75	2:35:06	6:49	11	30:26	46	52:13