



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Wiemers, Michaela

Club: Hövelhof

Number: 533

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:35:24

Speed: 8.49 km/h

Running performance: 6:50 min/km

Rank in course/Total: 204 (of 244)

Rank in course/Women: 47 (of 65)

Best time in course: 1:42:53

Rank in category: 7(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	20:48	6:24	7	4:38	46	6:56	3.25	20:48	6:24	7	4:38	46	6:56
Lap 2	3.25	20:42	6:22	7	3:59	47	6:03	6.50	41:30	6:23	7	8:37	48	12:59
Lap 3	3.25	21:14	6:31	6	4:24	45	6:31	9.75	1:02:44	6:26	6	13:01	47	19:27
Lap 4	3.25	22:28	6:54	7	5:28	49	7:35	13.00	1:25:12	6:33	7	18:29	47	27:02
Lap 5	3.25	22:37	6:57	7	5:25	47	7:33	16.25	1:47:49	6:38	7	23:54	47	34:35
Lap 6	3.25	23:10	7:07	8	5:45	47	8:02	19.50	2:10:59	6:43	7	29:39	47	42:37
Last lap Finish	3.25	24:25	7:30	10	7:24	54	9:54	22.75	2:35:24	6:49	7	37:03	47	52:31