



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Groß, Anette

Club: Lauf Team Unna

Number: 368

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:37:25

Speed: 8.39 km/h

Running performance: 6:55 min/km

Rank in course/Total: 207 (of 244)

Rank in course/Women: 50 (of 65)

Best time in course: 1:42:53

Rank in category: 5(of 7)

Best time in the category: 2:14:28

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	23:25	7:12	6	6:34	59	9:33	3.25	23:25	7:12	6	6:34	59	9:33
Lap 2	3.25	22:41	6:58	5	4:46	57	8:02	6.50	46:06	7:05	6	11:20	58	17:35
Lap 3	3.25	21:38	6:39	5	3:07	49	6:55	9.75	1:07:44	6:56	5	14:27	56	24:27
Lap 4	3.25	21:50	6:43	4	2:48	43	6:57	13.00	1:29:34	6:53	5	17:15	54	31:24
Lap 5	3.25	21:59	6:45	5	2:31	41	6:55	16.25	1:51:33	6:51	5	19:12	54	38:19
Lap 6	3.25	23:10	7:07	5	3:06	47	8:02	19.50	2:14:43	6:54	5	21:08	52	46:21
Last lap Finish	3.25	22:42	6:59	5	2:33	41	8:11	22.75	2:37:25	6:55	5	22:57	50	54:32