



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Port, Sandra

Club: Heusweiler

Number: 765

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:39:24

Speed: 8.56 km/h

Running performance: 7:01 min/km

Rank in course/Total: 212 (of 244)

Rank in course/Women: 52 (of 65)

Best time in course: 1:42:53

Rank in category: 9(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	21:09	6:30	10	4:59	54	7:17	3.25	21:09	6:30	10	4:59	54	7:17
Lap 2	3.25	21:25	6:35	8	4:42	52	6:46	6.50	42:34	6:32	10	9:41	55	14:03
Lap 3	3.25	21:57	6:45	8	5:07	51	7:14	9.75	1:04:31	6:37	8	14:48	51	21:14
Lap 4	3.25	22:47	7:00	8	5:47	52	7:54	13.00	1:27:18	6:42	8	20:35	51	29:08
Lap 5	3.25	23:32	7:14	10	6:20	55	8:28	16.25	1:50:50	6:49	9	26:55	52	37:36
Lap 6	3.25	24:35	7:33	10	7:10	56	9:27	19.50	2:15:25	6:56	10	34:05	54	47:03
Last lap Finish	3.25	23:59	7:22	7	6:58	49	9:28	22.75	2:39:24	7:00	9	41:03	52	56:31