



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Otte, Nicole

Club: Gronau

Number: 458

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:42:52

Speed: 8.10 km/h

Running performance: 7:10 min/km

Rank in course/Total: 217 (of 244)

Rank in course/Women: 54 (of 65)

Best time in course: 1:42:53

Rank in category: 13(of 15)

Best time in the category: 2:04:40

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	22:33	6:56	13	6:23	56	8:41	3.25	22:33	6:56	13	6:23	56	8:41
Lap 2	3.25	22:35	6:56	14	6:35	56	7:56	6.50	45:08	6:56	14	11:27	56	16:37
Lap 3	3.25	23:12	7:08	14	8:29	59	8:29	9.75	1:08:20	7:00	14	16:59	57	25:03
Lap 4	3.25	23:13	7:08	13	5:36	58	8:20	13.00	1:31:33	7:02	14	22:15	56	33:23
Lap 5	3.25	23:44	7:18	13	8:08	57	8:40	16.25	1:55:17	7:05	13	27:36	56	42:03
Lap 6	3.25	23:46	7:18	13	5:55	52	8:38	19.50	2:19:03	7:07	13	33:00	55	50:41
Last lap Finish	3.25	23:49	7:19	11	5:26	47	9:18	22.75	2:42:52	7:09	13	38:12	54	59:59