



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Teß, Andrea

Club: Lindlar

Number: 511

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:50:29

Speed: 7.74 km/h

Running performance: 7:29 min/km

Rank in course/Total: 227 (of 244)

Rank in course/Women: 59 (of 65)

Best time in course: 1:42:53

Rank in category: 14(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	20:52	6:25	9	4:42	48	7:00	3.25	20:52	6:25	9	4:42	48	7:00
Lap 2	3.25	21:26	6:35	13	5:26	53	6:47	6.50	42:18	6:30	13	8:37	53	13:47
Lap 3	3.25	22:32	6:56	12	7:49	54	7:49	9.75	1:04:50	6:38	13	13:29	55	21:33
Lap 4	3.25	25:12	7:45	14	7:35	61	10:19	13.00	1:30:02	6:55	13	20:44	55	31:52
Lap 5	3.25	25:37	7:52	14	10:01	60	10:33	16.25	1:55:39	7:07	14	27:58	57	42:25
Lap 6	3.25	27:32	8:28	14	9:41	62	12:24	19.50	2:23:11	7:20	14	37:08	59	54:49
Last lap Finish	3.25	27:18	8:24	13	8:55	59	12:47	22.75	2:50:29	7:29	14	45:49	59	1:07:36