



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Arndt, Corinna-Fisun

Club: Marathon Maniacs/TEA

Number: 304

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 3:02:35

Speed: 7.23 km/h

Running performance: 8:02 min/km

Rank in course/Total: 234 (of 244)

Rank in course/Women: 63 (of 65)

Best time in course: 1:42:53

Rank in category: 10(of 10)

Best time in the category: 1:46:58

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	23:07	7:06	8	8:19	57	9:15	3.25	23:07	7:06	8	8:19	57	9:15
Lap 2	3.25	25:12	7:45	10	10:02	65	10:33	6.50	48:19	7:26	10	18:21	63	19:48
Lap 3	3.25	26:43	8:13	10	11:15	64	12:00	9.75	1:15:02	7:41	10	29:36	64	31:45
Lap 4	3.25	25:57	7:59	10	10:24	63	11:04	13.00	1:40:59	7:46	10	40:00	63	42:49
Lap 5	3.25	25:44	7:55	10	10:23	61	10:40	16.25	2:06:43	7:47	10	50:23	62	53:29
Lap 6	3.25	26:54	8:16	10	11:27	61	11:46	19.50	2:33:37	7:52	10	1:01:50	63	1:05:15
Last lap Finish	3.25	28:58	8:54	10	13:47	63	14:27	22.75	3:02:35	8:01	10	1:15:37	63	1:19:42