



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Stapusch, Ariane

Club: PSV Wismar

Number: 515

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:49:59

Speed: 12.00 km/h

Running performance: 4:50 min/km

Rank in course/Total: 24 (of 244)

Rank in course/Women: 4 (of 67)

Best time in course: 1:47:05

Rank in category: 1(of 15)

Best time in the category: 1:49:59

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	14:23	4:25	1	-	1	-	3.25	14:23	4:25	1	-	1	-
Lap 2	3.25	14:55	4:35	1	-	1	-	6.50	29:18	4:30	1	-	1	-
Lap 3	3.25	15:32	4:46	1	-	2	0:34	9.75	44:50	4:35	1	-	2	0:33
Lap 4	3.25	15:47	4:51	1	-	2	0:22	13.00	1:00:37	4:39	1	-	2	0:55
Lap 5	3.25	16:13	4:59	2	0:04	5	0:29	16.25	1:16:50	4:43	1	-	2	1:18
Lap 6	3.25	16:32	5:05	2	0:29	5	0:59	19.50	1:33:22	4:47	1	-	3	1:59
Last lap Finish	3.25	16:37	5:06	2	0:28	6	1:28	22.75	1:49:59	4:50	1	-	4	2:54