



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Delfs, Manja

Club: Kaltenkirchen

Number: 328

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:54:43

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 44 (of 244)

Rank in course/Women: 7 (of 67)

Best time in course: 1:47:05

Rank in category: 1(of 12)

Best time in the category: 1:54:43

Intermediate times				Stage score				Total ranking						
Control	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	15:41	4:49	1	-	9	1:18	3.25	15:41	4:49	1	-	9	1:18
Lap 2	3.25	15:49	4:51	1	-	5	0:54	6.50	31:30	4:50	1	-	6	2:12
Lap 3	3.25	15:56	4:54	1	-	5	0:58	9.75	47:26	4:51	1	-	6	3:09
Lap 4	3.25	16:20	5:01	1	-	7	0:55	13.00	1:03:46	4:54	1	-	7	4:04
Lap 5	3.25	16:50	5:10	1	-	7	1:06	16.25	1:20:36	4:57	1	-	7	5:04
Lap 6	3.25	16:56	5:12	1	-	7	1:23	19.50	1:37:32	5:00	1	-	7	6:09
Last lap Finish	3.25	17:11	5:17	1	-	10	2:02	22.75	1:54:43	5:02	1	-	7	7:38