



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kurzhals, Birgit

Club: LG Vellmar

Number: 413

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:02:50

Speed: 10.75 km/h

Running performance: 5:24 min/km

Rank in course/Total: 69 (of 244)

Rank in course/Women: 12 (of 67)

Best time in course: 1:47:05

Rank in category: 2(of 16)

Best time in the category: 1:56:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	16:42	5:08	2	1:04	14	2:19	3.25	16:42	5:08	2	1:04	14	2:19
Lap 2	3.25	16:36	5:06	2	0:39	13	1:41	6.50	33:18	5:07	2	1:43	12	4:00
Lap 3	3.25	17:09	5:16	2	0:41	11	2:11	9.75	50:27	5:10	2	2:24	12	6:10
Lap 4	3.25	17:35	5:24	2	0:41	12	2:10	13.00	1:08:02	5:14	2	3:05	11	8:20
Lap 5	3.25	18:09	5:35	2	1:16	13	2:25	16.25	1:26:11	5:18	2	4:21	11	10:39
Lap 6	3.25	18:17	5:37	2	1:10	13	2:44	19.50	1:44:28	5:21	2	5:31	11	13:05
Last lap Finish	3.25	18:22	5:39	2	1:18	14	3:13	22.75	2:02:50	5:23	2	6:49	12	15:45