



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Wahrenberg, Sabine

Club: Lauftreff Breitungen

Number: 536

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:04:39

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 83 (of 244)

Rank in course/Women: 15 (of 67)

Best time in course: 1:47:05

Rank in category: 1(of 4)

Best time in the category: 2:04:39

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	17:33	5:24	1	-	23	3:10	3.25	17:33	5:24	1	-	23	3:10
Lap 2	3.25	17:33	5:24	1	-	19	2:38	6.50	35:06	5:24	1	-	20	5:48
Lap 3	3.25	17:52	5:29	1	-	19	2:54	9.75	52:58	5:25	1	-	20	8:41
Lap 4	3.25	18:09	5:35	1	-	17	2:44	13.00	1:11:07	5:28	1	-	19	11:25
Lap 5	3.25	17:59	5:31	1	-	11	2:15	16.25	1:29:06	5:28	1	-	17	13:34
Lap 6	3.25	17:52	5:29	1	-	10	2:19	19.50	1:46:58	5:29	1	-	17	15:35
Last lap Finish	3.25	17:41	5:26	1	-	11	2:32	22.75	2:04:39	5:28	1	-	15	17:34