



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kapfhammer, Sylvia

Club: Crazy Runners Team Frankenwald
Number: 389

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 2:04:29

Speed: 10.60 km/h
Running performance: 5:28 min/km

Rank in course/Total: 79 (of 244)

Rank in course/Women: 14 (of 67)

Best time in course: 1:47:05

Rank in category: 4(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	17:18	5:19	4	2:55	20	2:55	3.25	17:18	5:19	4	2:55	20	2:55
Lap 2	3.25	16:33	5:05	3	1:38	12	1:38	6.50	33:51	5:12	3	4:33	14	4:33
Lap 3	3.25	17:09	5:16	3	1:37	11	2:11	9.75	51:00	5:13	3	6:10	13	6:43
Lap 4	3.25	18:05	5:33	5	2:18	16	2:40	13.00	1:09:05	5:18	3	8:28	13	9:23
Lap 5	3.25	18:22	5:39	4	2:13	15	2:38	16.25	1:27:27	5:22	4	10:37	15	11:55
Lap 6	3.25	19:20	5:56	5	3:17	24	3:47	19.50	1:46:47	5:28	4	13:25	15	15:24
Last lap Finish	3.25	17:42	5:26	4	1:33	12	2:33	22.75	2:04:29	5:28	4	14:30	14	17:24