



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Roggentin, Nicole

Club: Flitz-Piepen.de

Number: 475

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:07:50

Speed: 10.33 km/h

Running performance: 5:37 min/km

Rank in course/Total: 96 (of 244)

Rank in course/Women: 18 (of 67)

Best time in course: 1:47:05

Rank in category: 5(of 15)

Best time in the category: 1:49:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Total min/km	Pos Women	Behind Women
Lap 1	3.25	17:31	5:23	5	3:08	22	3:08	3.25	17:31	5:23	5	3:08	22	3:08
Lap 2	3.25	17:43	5:27	5	2:48	20	2:48	6.50	35:14	5:25	5	5:56	21	5:56
Lap 3	3.25	17:31	5:23	4	1:59	16	2:33	9.75	52:45	5:24	5	7:55	19	8:28
Lap 4	3.25	18:04	5:33	4	2:17	15	2:39	13.00	1:10:49	5:26	5	10:12	18	11:07
Lap 5	3.25	18:36	5:43	5	2:27	19	2:52	16.25	1:29:25	5:30	5	12:35	18	13:53
Lap 6	3.25	19:15	5:55	4	3:12	23	3:42	19.50	1:48:40	5:34	5	15:18	18	17:17
Last lap Finish	3.25	19:10	5:53	5	3:01	21	4:01	22.75	2:07:50	5:37	5	17:51	18	20:45