



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lichteblau, Silke

Club: BSG Evonik Rheinland e.V.

Number: 423

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:05:19

Speed: 10.53 km/h

Running performance: 5:31 min/km

Rank in course/Total: 88 (of 244)

Rank in course/Women: 16 (of 67)

Best time in course: 1:47:05

Rank in category: 4(of 7)

Best time in the category: 1:47:05

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	16:31	5:04	3	2:08	13	2:08	3.25	16:31	5:04	3	2:08	13	2:08
Lap 2	3.25	17:22	5:20	4	2:26	17	2:27	6.50	33:53	5:12	3	4:34	15	4:35
Lap 3	3.25	18:08	5:34	4	3:10	20	3:10	9.75	52:01	5:20	4	7:44	16	7:44
Lap 4	3.25	18:20	5:38	4	2:55	20	2:55	13.00	1:10:21	5:24	4	10:39	17	10:39
Lap 5	3.25	18:14	5:36	4	2:24	14	2:30	16.25	1:28:35	5:27	4	13:03	16	13:03
Lap 6	3.25	18:20	5:38	4	2:29	14	2:47	19.50	1:46:55	5:28	4	15:32	16	15:32
Last lap Finish	3.25	18:24	5:39	3	2:42	15	3:15	22.75	2:05:19	5:30	4	18:14	16	18:14