



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Rein, Nicole

Club: Dillenburg

Number: 470

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:08:33

Speed: 10.27 km/h

Running performance: 5:39 min/km

Rank in course/Total: 100 (of 244)

Rank in course/Women: 19 (of 67)

Best time in course: 1:47:05

Rank in category: 3(of 16)

Best time in the category: 1:56:01

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	18:50	5:47	4	3:12	29	4:27	3.25	18:50	5:47	4	3:12	29	4:27
Lap 2	3.25	17:26	5:21	3	1:29	18	2:31	6.50	36:16	5:34	4	4:41	25	6:58
Lap 3	3.25	17:38	5:25	3	1:10	18	2:40	9.75	53:54	5:31	4	5:51	23	9:37
Lap 4	3.25	18:09	5:35	3	1:15	17	2:44	13.00	1:12:03	5:32	3	7:06	20	12:21
Lap 5	3.25	18:27	5:40	3	1:34	17	2:43	16.25	1:30:30	5:34	3	8:40	19	14:58
Lap 6	3.25	19:00	5:50	4	1:53	19	3:27	19.50	1:49:30	5:36	3	10:33	19	18:07
Last lap Finish	3.25	19:03	5:51	4	1:59	19	3:54	22.75	2:08:33	5:39	3	12:32	19	21:28