



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krah, Andrea

Club: Zeppelin Team OSC Potsdam

Number: 407

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:09:05

Speed: 10.23 km/h

Running performance: 5:40 min/km

Rank in course/Total: 103 (of 244)

Rank in course/Women: 20 (of 67)

Best time in course: 1:47:05

Rank in category: 4(of 16)

Best time in the category: 1:56:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	17:17	5:19	3	1:39	19	2:54	3.25	17:17	5:19	3	1:39	19	2:54
Lap 2	3.25	18:00	5:32	4	2:03	22	3:05	6.50	35:17	5:25	3	3:42	22	5:59
Lap 3	3.25	18:28	5:40	5	2:00	24	3:30	9.75	53:45	5:30	3	5:42	22	9:28
Lap 4	3.25	18:46	5:46	5	1:52	22	3:21	13.00	1:12:31	5:34	4	7:34	21	12:49
Lap 5	3.25	18:45	5:46	4	1:52	22	3:01	16.25	1:31:16	5:36	4	9:26	20	15:44
Lap 6	3.25	18:57	5:49	3	1:50	18	3:24	19.50	1:50:13	5:39	4	11:16	20	18:50
Last lap Finish	3.25	18:52	5:48	3	1:48	18	3:43	22.75	2:09:05	5:40	4	13:04	20	22:00