



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Kister, Ingrid

Club: Röthlein

Number: 396

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:10:32

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 109 (of 244)

Rank in course/Women: 21 (of 67)

Best time in course: 1:47:05

Rank in category: 3(of 12)

Best time in the category: 1:54:43

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 | 6 | 1:37 | 20 | 2:55 | 3.25 | 17:18 | 5:19 | 6 | 1:37 | 20 | 2:55 |
| Lap 2 | 3.25 | 18:11 | 5:35 | 5 | 2:22 | 24 | 3:16 | 6.50 | 35:29 | 5:27 | 6 | 3:59 | 23 | 6:11 |
| Lap 3 | 3.25 | 18:28 | 5:40 | 4 | 2:32 | 24 | 3:30 | 9.75 | 53:57 | 5:31 | 6 | 6:31 | 24 | 9:40 |
| Lap 4 | 3.25 | 19:05 | 5:52 | 4 | 2:45 | 24 | 3:40 | 13.00 | 1:13:02 | 5:37 | 5 | 9:16 | 23 | 13:20 |
| Lap 5 | 3.25 | 19:09 | 5:53 | 4 | 2:19 | 23 | 3:25 | 16.25 | 1:32:11 | 5:40 | 3 | 11:35 | 21 | 16:39 |
| Lap 6 | 3.25 | 19:13 | 5:54 | 5 | 2:17 | 22 | 3:40 | 19.50 | 1:51:24 | 5:42 | 3 | 13:52 | 21 | 20:01 |
| Last lap Finish | 3.25 | 19:08 | 5:53 | 3 | 1:57 | 20 | 3:59 | 22.75 | 2:10:32 | 5:44 | 3 | 15:49 | 21 | 23:27 |