



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Deffke, Merle

Club: Alfeld

Number: 324

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:12:46

Speed: 10.28 km/h

Running performance: 5:50 min/km

Rank in course/Total: 115 (of 244)

Rank in course/Women: 24 (of 67)

Best time in course: 1:47:05

Rank in category: 5(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	16:49	5:10	4	1:08	15	2:26	3.25	16:49	5:10	4	1:08	15	2:26
Lap 2	3.25	18:14	5:36	6	2:25	25	3:19	6.50	35:03	5:23	5	3:33	19	5:45
Lap 3	3.25	18:36	5:43	5	2:40	26	3:38	9.75	53:39	5:30	5	6:13	21	9:22
Lap 4	3.25	19:07	5:52	5	2:47	26	3:42	13.00	1:12:46	5:35	4	9:00	22	13:04
Lap 5	3.25	19:35	6:01	5	2:45	25	3:51	16.25	1:32:21	5:40	4	11:45	22	16:49
Lap 6	3.25	20:03	6:10	6	3:07	27	4:30	19.50	1:52:24	5:45	4	14:52	23	21:01
Last lap Finish	3.25	20:22	6:15	6	3:11	30	5:13	22.75	2:12:46	5:50	5	18:03	24	25:41