



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Dawo, Madlen

Club: cityfitness-regensburg

Number: 323

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:15:49

Speed: 9.72 km/h

Running performance: 5:58 min/km

Rank in course/Total: 128 (of 244)

Rank in course/Women: 28 (of 67)

Best time in course: 1:47:05

Rank in category: 5(of 7)

Best time in the category: 1:47:05

Intermediate times				Stage score				Total ranking						
Control	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	19:57	6:08	6	5:34	38	5:34	3.25	19:57	6:08	6	5:34	38	5:34
Lap 2	3.25	18:48	5:47	5	3:52	29	3:53	6.50	38:45	5:57	6	9:26	32	9:27
Lap 3	3.25	19:09	5:53	5	4:11	29	4:11	9.75	57:54	5:56	5	13:37	31	13:37
Lap 4	3.25	19:15	5:55	5	3:50	27	3:50	13.00	1:17:09	5:56	5	17:27	31	17:27
Lap 5	3.25	19:26	5:58	5	3:36	24	3:42	16.25	1:36:35	5:56	5	21:03	30	21:03
Lap 6	3.25	19:36	6:01	5	3:45	25	4:03	19.50	1:56:11	5:57	5	24:48	29	24:48
Last lap Finish	3.25	19:38	6:02	5	3:56	24	4:29	22.75	2:15:49	5:58	5	28:44	28	28:44