



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Timm, Jana

Club: LAV Halensia

Number: 527

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:16:51

Speed: 9.65 km/h

Running performance: 6:01 min/km

Rank in course/Total: 132 (of 244)

Rank in course/Women: 29 (of 67)

Best time in course: 1:47:05

Rank in category: 7(of 15)

Best time in the category: 1:49:59

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	17:40	5:26	6	3:17	24	3:17	3.25	17:40	5:26	6	3:17	24	3:17
Lap 2	3.25	19:19	5:56	8	4:24	31	4:24	6.50	36:59	5:41	7	7:41	27	7:41
Lap 3	3.25	19:51	6:06	8	4:19	32	4:53	9.75	56:50	5:49	8	12:00	30	12:33
Lap 4	3.25	19:41	6:03	7	3:54	30	4:16	13.00	1:16:31	5:53	8	15:54	30	16:49
Lap 5	3.25	20:07	6:11	8	3:58	30	4:23	16.25	1:36:38	5:56	8	19:48	31	21:06
Lap 6	3.25	20:24	6:16	6	4:21	28	4:51	19.50	1:57:02	6:00	7	23:40	30	25:39
Last lap Finish	3.25	19:49	6:05	6	3:40	27	4:40	22.75	2:16:51	6:00	7	26:52	29	29:46