



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Jäschke, Sandra

Club: LG Vellmar

Number: 384

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:17:23

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 136 (of 244)

Rank in course/Women: 30 (of 67)

Best time in course: 1:47:05

Rank in category: 8(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	17:46	5:28	7	3:23	25	3:23	3.25	17:46	5:28	7	3:23	25	3:23
Lap 2	3.25	18:51	5:48	7	3:56	30	3:56	6.50	36:37	5:38	6	7:19	26	7:19
Lap 3	3.25	19:25	5:58	7	3:53	31	4:27	9.75	56:02	5:44	7	11:12	29	11:45
Lap 4	3.25	20:00	6:09	8	4:13	31	4:35	13.00	1:16:02	5:50	7	15:25	29	16:20
Lap 5	3.25	20:01	6:09	7	3:52	29	4:17	16.25	1:36:03	5:54	7	19:13	29	20:31
Lap 6	3.25	20:59	6:27	9	4:56	31	5:26	19.50	1:57:02	6:00	7	23:40	30	25:39
Last lap Finish	3.25	20:21	6:15	8	4:12	29	5:12	22.75	2:17:23	6:02	8	27:24	30	30:18