



# 14. Kristall-Marathon

Merkers / 16.02.2020

## Detailed evaluation

**Powierski, Nicole**

Club: Fuldata1

Number: 464

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:17:56

Speed: 9.57 km/h

Running performance: 6:04 min/km

Rank in course/Total: 138 (of 244)

Rank in course/Women: 31 (of 67)

Best time in course: 1:47:05

Rank in category: 5(of 16)

Best time in the category: 1:56:01

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	3.25	19:32	6:00	5	3:54	32	5:09	3.25	19:32	6:00	5	3:54	32	5:09
Lap 2	3.25	18:06	5:34	5	2:09	23	3:11	6.50	37:38	5:47	5	6:03	30	8:20
Lap 3	3.25	18:18	5:37	4	1:50	21	3:20	9.75	55:56	5:44	5	7:53	28	11:39
Lap 4	3.25	18:44	5:45	4	1:50	21	3:19	13.00	1:14:40	5:44	5	9:43	25	14:58
Lap 5	3.25	19:49	6:05	5	2:56	26	4:05	16.25	1:34:29	5:48	5	12:39	26	18:57
Lap 6	3.25	21:12	6:31	6	4:05	34	5:39	19.50	1:55:41	5:55	5	16:44	28	24:18
Last lap Finish	3.25	22:15	6:50	6	5:11	37	7:06	22.75	2:17:56	6:03	5	21:55	31	30:51