



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Heidt, Deborah

Club: Frankfurt

Number: 370

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:23:53

Speed: 9.17 km/h

Running performance: 6:19 min/km

Rank in course/Total: 161 (of 244)

Rank in course/Women: 34 (of 67)

Best time in course: 1:47:05

Rank in category: 6(of 7)

Best time in the category: 1:47:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking							
				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	20:58	6:27	7	6:35	48	6:35	3.25	20:58	6:27	7	6:35	48	6:35	
Lap 2	3.25	19:59	6:08	7	5:03	38	5:04	6.50	40:57	6:18	7	11:38	40	11:39	
Lap 3	3.25	19:13	5:54	6	4:15	30	4:15	9.75	1:00:10	6:10	7	15:53	36	15:53	
Lap 4	3.25	19:34	6:01	6	4:09	29	4:09	13.00	1:19:44	6:08	6	20:02	33	20:02	
Lap 5	3.25	19:54	6:07	6	4:04	27	4:10	16.25	1:39:38	6:07	6	24:06	32	24:06	
Lap 6	3.25	21:00	6:27	6	5:09	32	5:27	19.50	2:00:38	6:11	6	29:15	32	29:15	
Last lap Finish	3.25	23:15	7:09	6	7:33	45	8:06	22.75	2:23:53	6:19	6	36:48	34	36:48	