



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hemsath, Katja

Club: Die Zarte und der Harte

Number: 372

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:25:38

Speed: 9.06 km/h

Running performance: 6:24 min/km

Rank in course/Total: 171 (of 244)

Rank in course/Women: 37 (of 67)

Best time in course: 1:47:05

Rank in category: 8(of 12)

Best time in the category: 1:54:43

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	19:47	6:05	7	4:06	34	5:24	3.25	19:47	6:05	7	4:06	34	5:24
Lap 2	3.25	19:24	5:58	7	3:35	32	4:29	6.50	39:11	6:01	7	7:41	33	9:53
Lap 3	3.25	20:02	6:09	8	4:06	35	5:04	9.75	59:13	6:04	7	11:47	33	14:56
Lap 4	3.25	20:16	6:14	6	3:56	32	4:51	13.00	1:19:29	6:06	7	15:43	32	19:47
Lap 5	3.25	21:24	6:35	8	4:34	37	5:40	16.25	1:40:53	6:12	7	20:17	34	25:21
Lap 6	3.25	22:10	6:49	9	5:14	39	6:37	19.50	2:03:03	6:18	8	25:31	36	31:40
Last lap Finish	3.25	22:35	6:56	9	5:24	43	7:26	22.75	2:25:38	6:24	8	30:55	37	38:33