



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Hartung, Anke

Club: Kaltenkirchen

Number: 367

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:31:34

Speed: 8.71 km/h

Running performance: 6:40 min/km

Rank in course/Total: 183 (of 244)

Rank in course/Women: 40 (of 67)

Best time in course: 1:47:05

Rank in category: 3(of 4)

Best time in the category: 2:04:39

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	20:45	6:23	3	3:12	46	6:22	3.25	20:45	6:23	3	3:12	46	6:22
Lap 2	3.25	20:42	6:22	3	3:09	41	5:47	6.50	41:27	6:22	3	6:21	43	12:09
Lap 3	3.25	20:57	6:26	2	3:05	38	5:59	9.75	1:02:24	6:23	3	9:26	42	18:07
Lap 4	3.25	22:11	6:49	4	4:02	41	6:46	13.00	1:24:35	6:30	3	13:28	43	24:53
Lap 5	3.25	21:24	6:35	3	3:25	37	5:40	16.25	1:45:59	6:31	3	16:53	40	30:27
Lap 6	3.25	22:11	6:49	3	4:19	40	6:38	19.50	2:08:10	6:34	3	21:12	40	36:47
Last lap Finish	3.25	23:24	7:11	3	5:43	47	8:15	22.75	2:31:34	6:39	3	26:55	40	44:29