



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Testa, Micaela

Club: run for fun

Number: 526

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:31:36

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 184 (of 244)

Rank in course/Women: 41 (of 67)

Best time in course: 1:47:05

Rank in category: 10(of 15)

Best time in the category: 1:49:59

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|-----------|--------------|----------|---------------|--------------|----------|-------------|-----------|--------------|
| | Split km | Split Time | Split min/km | 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 | 19:42 | 6:03 | 9 | 5:19 | 33 | 5:19 | 3.25 | 19:42 | 6:03 | 9 | 5:19 | 33 | 5:19 |
| Lap 2 | 3.25 | 20:47 | 6:23 | 10 | 5:52 | 42 | 5:52 | 6.50 | 40:29 | 6:13 | 9 | 11:11 | 39 | 11:11 |
| Lap 3 | 3.25 | 21:24 | 6:35 | 10 | 5:52 | 43 | 6:26 | 9.75 | 1:01:53 | 6:20 | 10 | 17:03 | 41 | 17:36 |
| Lap 4 | 3.25 | 22:12 | 6:49 | 10 | 6:25 | 42 | 6:47 | 13.00 | 1:24:05 | 6:28 | 10 | 23:28 | 42 | 24:23 |
| Lap 5 | 3.25 | 22:18 | 6:51 | 10 | 6:09 | 39 | 6:34 | 16.25 | 1:46:23 | 6:32 | 10 | 29:33 | 41 | 30:51 |
| Lap 6 | 3.25 | 22:39 | 6:58 | 10 | 6:36 | 44 | 7:06 | 19.50 | 2:09:02 | 6:37 | 10 | 35:40 | 41 | 37:39 |
| Last lap Finish | 3.25 | 22:34 | 6:56 | 10 | 6:25 | 42 | 7:25 | 22.75 | 2:31:36 | 6:39 | 10 | 41:37 | 41 | 44:31 |