



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: 8.71 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	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	19:42	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