



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Steck, Corinna

Club: skylineruner

Number: 516

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:34:17

Speed: 8.56 km/h

Running performance: 6:47 min/km

Rank in course/Total: 195 (of 244)

Rank in course/Women: 45 (of 67)

Best time in course: 1:47:05

Rank in category: 4(of 4)

Best time in the category: 2:04:39

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	21:05	6:29	4	3:32	51	6:42	3.25	21:05	6:29	4	3:32	51	6:42
Lap 2	3.25	21:14	6:31	4	3:41	44	6:19	6.50	42:19	6:30	4	7:13	47	13:01
Lap 3	3.25	21:22	6:34	4	3:30	42	6:24	9.75	1:03:41	6:31	4	10:43	45	19:24
Lap 4	3.25	21:55	6:44	3	3:46	39	6:30	13.00	1:25:36	6:35	4	14:29	44	25:54
Lap 5	3.25	22:20	6:52	4	4:21	40	6:36	16.25	1:47:56	6:38	4	18:50	44	32:24
Lap 6	3.25	22:52	7:02	4	5:00	46	7:19	19.50	2:10:48	6:42	4	23:50	44	39:25
Last lap Finish	3.25	23:29	7:13	4	5:48	48	8:20	22.75	2:34:17	6:46	4	29:38	45	47:12