



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Liske, Candy

Club: Berlin
Number: 425

Course: 22.75 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 2:36:55

Speed: 8.41 km/h
Running performance: 6:54 min/km

Rank in course/Total: 198 (of 244)

Rank in course/Men: 152 (of 177)

Best time in course: 1:31:43

Rank in category: 30(of 34)

Best time in the category: 1:38:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time					
Lap 1	3.25	20:13	6:13	30	6:56	151	8:15	3.25	20:13	6:13	30	6:56	151	8:15
Lap 2	3.25	20:21	6:15	29	6:25	148	7:46	6.50	40:34	6:14	30	13:21	150	16:01
Lap 3	3.25	20:58	6:27	29	6:57	150	8:14	9.75	1:01:32	6:18	30	19:58	149	23:47
Lap 4	3.25	25:40	7:53	32	11:27	171	12:27	13.00	1:27:12	6:42	31	31:23	159	36:01
Lap 5	3.25	22:24	6:53	28	8:17	146	9:08	16.25	1:49:36	6:44	31	39:19	158	44:39
Lap 6	3.25	23:29	7:13	28	9:39	147	10:08	19.50	2:13:05	6:49	30	48:21	154	54:23
Last lap Finish	3.25	23:50	7:19	28	9:56	141	11:02	22.75	2:36:55	6:53	30	58:02	152	1:05:12