



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Theunißen, Tanja

Club: LC Duisburg

Number: 811

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:39:12

Speed: 8.29 km/h

Running performance: 7:00 min/km

Rank in course/Total: 200 (of 244)

Rank in course/Women: 47 (of 67)

Best time in course: 1:47:05

Rank in category: 11(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	21:06	6:29	10	6:43	53	6:43	3.25	21:06	6:29	10	6:43	53	6:43
Lap 2	3.25	21:53	6:44	11	6:58	50	6:58	6.50	42:59	6:36	11	13:41	51	13:41
Lap 3	3.25	22:11	6:49	11	6:39	48	7:13	9.75	1:05:10	6:41	11	20:20	50	20:53
Lap 4	3.25	23:49	7:19	11	8:02	53	8:24	13.00	1:28:59	6:50	11	28:22	50	29:17
Lap 5	3.25	23:08	7:07	11	6:59	46	7:24	16.25	1:52:07	6:53	11	35:17	48	36:35
Lap 6	3.25	23:34	7:15	11	7:31	49	8:01	19.50	2:15:41	6:57	11	42:19	48	44:18
Last lap Finish	3.25	23:31	7:14	11	7:22	49	8:22	22.75	2:39:12	6:59	11	49:13	47	52:07