



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Bombek, Alexandra

Club: Wermelskirchen

Number: 612

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:40:59

Speed: 8.20 km/h

Running performance: 7:05 min/km

Rank in course/Total: 202 (of 244)

Rank in course/Women: 49 (of 67)

Best time in course: 1:47:05

Rank in category: 11(of 12)

Best time in the category: 1:54:43

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	20:36	6:20	11	4:55	45	6:13	3.25	20:36	6:20	11	4:55	45	6:13
Lap 2	3.25	22:25	6:53	12	6:36	55	7:30	6.50	43:01	6:37	11	11:31	52	13:43
Lap 3	3.25	22:57	7:03	11	7:01	52	7:59	9.75	1:05:58	6:45	11	18:32	52	21:41
Lap 4	3.25	23:35	7:15	11	7:15	51	8:10	13.00	1:29:33	6:53	11	25:47	51	29:51
Lap 5	3.25	23:34	7:15	10	6:44	48	7:50	16.25	1:53:07	6:57	11	32:31	51	37:35
Lap 6	3.25	23:48	7:19	11	6:52	51	8:15	19.50	2:16:55	7:01	11	39:23	49	45:32
Last lap Finish	3.25	24:04	7:24	11	6:53	52	8:55	22.75	2:40:59	7:04	11	46:16	49	53:54