



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Roth, Birgit

Club: Berlin
Number: 477

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 2:45:02

Speed: 8.00 km/h
Running performance: 7:15 min/km

Rank in course/Total: 212 (of 244)

Rank in course/Women: 53 (of 67)

Best time in course: 1:47:05

Rank in category: 10(of 16)

Best time in the category: 1:56:01

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	20:27	6:17	8	4:49	41	6:04	3.25	20:27	6:17	8	4:49	41	6:04
Lap 2	3.25	24:45	7:36	15	8:48	63	9:50	6.50	45:12	6:57	12	13:37	57	15:54
Lap 3	3.25	24:44	7:36	13	8:16	59	9:46	9.75	1:09:56	7:10	13	21:53	59	25:39
Lap 4	3.25	25:35	7:52	15	8:41	60	10:10	13.00	1:35:31	7:20	13	30:34	58	35:49
Lap 5	3.25	23:39	7:16	11	6:46	50	7:55	16.25	1:59:10	7:20	13	37:20	58	43:38
Lap 6	3.25	23:30	7:13	11	6:23	48	7:57	19.50	2:22:40	7:18	13	43:43	56	51:17
Last lap Finish	3.25	22:22	6:52	7	5:18	38	7:13	22.75	2:45:02	7:15	10	49:01	53	57:57