



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Raithel, Elke

Club: United Runners of Pfalz / LT WaB

Number: 759

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:51:14

Speed: 7.97 km/h

Running performance: 7:32 min/km

Rank in course/Total: 222 (of 244)

Rank in course/Women: 58 (of 67)

Best time in course: 1:47:05

Rank in category: 15(of 16)

Best time in the category: 1:56:01

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	23:00	7:04	15	7:22	63	8:37	3.25	23:00	7:04	15	7:22	63	8:37
Lap 2	3.25	23:45	7:18	14	7:48	60	8:50	6.50	46:45	7:11	16	15:10	64	17:27
Lap 3	3.25	24:59	7:41	15	8:31	62	10:01	9.75	1:11:44	7:21	15	23:41	62	27:27
Lap 4	3.25	24:15	7:27	12	7:21	56	8:50	13.00	1:35:59	7:23	15	31:02	61	36:17
Lap 5	3.25	24:53	7:39	13	8:00	54	9:09	16.25	2:00:52	7:26	15	39:02	60	45:20
Lap 6	3.25	25:15	7:46	13	8:08	55	9:42	19.50	2:26:07	7:29	15	47:10	59	54:44
Last lap Finish	3.25	25:07	7:43	13	8:03	55	9:58	22.75	2:51:14	7:31	15	55:13	58	1:04:09