



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Delaunay, Sonja

Club: LANDAU RUNNING COMPANY

Number: 327

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:52:19

Speed: 7.66 km/h

Running performance: 7:34 min/km

Rank in course/Total: 224 (of 244)

Rank in course/Women: 60 (of 67)

Best time in course: 1:47:05

Rank in category: 16(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	21:02	6:28	10	5:24	49	6:39	3.25	21:02	6:28	10	5:24	49	6:39
Lap 2	3.25	22:46	7:00	11	6:49	56	7:51	6.50	43:48	6:44	11	12:13	54	14:30
Lap 3	3.25	23:16	7:09	11	6:48	55	8:18	9.75	1:07:04	6:52	11	19:01	54	22:47
Lap 4	3.25	24:02	7:23	11	7:08	54	8:37	13.00	1:31:06	7:00	11	26:09	54	31:24
Lap 5	3.25	26:16	8:04	16	9:23	60	10:32	16.25	1:57:22	7:13	12	35:32	55	41:50
Lap 6	3.25	27:04	8:19	16	9:57	59	11:31	19.50	2:24:26	7:24	14	45:29	57	53:03
Last lap Finish	3.25	27:53	8:34	15	10:49	60	12:44	22.75	2:52:19	7:34	16	56:18	60	1:05:14