



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gössel, Karina

Club: LG Mauerweg

Number: 357

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 2:54:27

Speed: 7.57 km/h

Running performance: 7:40 min/km

Rank in course/Total: 226 (of 244)

Rank in course/Women: 61 (of 67)

Best time in course: 1:47:05

Rank in category: 8(of 8)

Best time in the category: 1:49:31

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	21:24	6:35	7	6:47	57	7:01	3.25	21:24	6:35	7	6:47	57	7:01
Lap 2	3.25	23:49	7:19	8	8:36	62	8:54	6.50	45:13	6:57	8	15:23	58	15:55
Lap 3	3.25	24:44	7:36	8	9:09	59	9:46	9.75	1:09:57	7:10	8	24:32	60	25:40
Lap 4	3.25	25:36	7:52	8	9:48	61	10:11	13.00	1:35:33	7:20	8	34:20	59	35:51
Lap 5	3.25	25:33	7:51	8	9:34	57	9:49	16.25	2:01:06	7:27	8	43:54	62	45:34
Lap 6	3.25	27:02	8:19	8	10:57	58	11:29	19.50	2:28:08	7:35	8	54:51	61	56:45
Last lap Finish	3.25	26:19	8:05	8	10:05	57	11:10	22.75	2:54:27	7:40	8	1:04:56	61	1:07:22