



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Böttger, Katja

Club: Sandbox Warriors

Number: 315

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:16:30

Speed: 6.72 km/h

Running performance: 8:38 min/km

Rank in course/Total: 234 (of 244)

Rank in course/Women: 63 (of 67)

Best time in course: 1:47:05

Rank in category: 12(of 15)

Best time in the category: 1:49:59

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	24:23	7:30	14	10:00	66	10:00	3.25	24:23	7:30	14	10:00	66	10:00
Lap 2	3.25	23:45	7:18	13	8:50	60	8:50	6.50	48:08	7:24	14	18:50	65	18:50
Lap 3	3.25	25:52	7:57	13	10:20	64	10:54	9.75	1:14:00	7:35	14	29:10	65	29:43
Lap 4	3.25	28:23	8:43	13	12:36	65	12:58	13.00	1:42:23	7:52	13	41:46	65	42:41
Lap 5	3.25	29:49	9:10	13	13:40	65	14:05	16.25	2:12:12	8:08	12	55:22	64	56:40
Lap 6	3.25	32:20	9:56	12	16:17	63	16:47	19.50	2:44:32	8:26	12	1:11:10	63	1:13:09
Last lap Finish	3.25	31:58	9:50	13	15:49	64	16:49	22.75	3:16:30	8:38	12	1:26:31	63	1:29:25