



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Degner, Katja

Club: CaBaS CaBaNauTeN

Number: 325

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:24:40

Speed: 6.45 km/h

Running performance: 9:00 min/km

Rank in course/Total: 235 (of 244)

Rank in course/Women: 64 (of 67)

Best time in course: 1:47:05

Rank in category: 13(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		Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos Women	Behind Women	km	Time					
Lap 1	3.25	27:05	8:19	15	12:42	67	12:42	3.25	27:05	8:19	15	12:42	67	12:42
Lap 2	3.25	27:47	8:32	15	12:52	67	12:52	6.50	54:52	8:26	15	25:34	67	25:34
Lap 3	3.25	28:19	8:42	15	12:47	67	13:21	9.75	1:23:11	8:31	15	38:21	67	38:54
Lap 4	3.25	28:41	8:49	14	12:54	66	13:16	13.00	1:51:52	8:36	14	51:15	66	52:10
Lap 5	3.25	29:46	9:09	12	13:37	64	14:02	16.25	2:21:38	8:42	13	1:04:48	65	1:06:06
Lap 6	3.25	32:46	10:04	13	16:43	64	17:13	19.50	2:54:24	8:56	13	1:21:02	64	1:23:01
Last lap Finish	3.25	30:16	9:18	12	14:07	63	15:07	22.75	3:24:40	8:59	13	1:34:41	64	1:37:35