



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Friedemann, Angelika

Club: Lauf Team Unna

Number: 638

Course: 42.25 km

Marathon

Category:

Seniorinnen W65 (65-69 Jahre)

Total time: 5:11:17

Speed: 8.10 km/h

Running performance: 7:22 min/km

Rank in course/Total: 169 (of 185)

Rank in course/Women: 17 (of 24)

Best time in course: 3:31:50

Rank in category: 1(of 1)

Best time in the category: 5:11:17

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	23:02	7:05	1	-	22	7:32	3.25	23:02	7:05	1	-	22	7:32
Lap 2	3.25	23:00	7:04	1	-	22	7:10	6.50	46:02	7:04	1	-	22	14:40
Lap 3	3.25	22:34	6:56	1	-	18	6:33	9.75	1:08:36	7:02	1	-	22	21:13
Lap 4	3.25	23:11	7:08	1	-	18	6:42	13.00	1:31:47	7:03	1	-	20	27:55
Lap 5	3.25	23:46	7:18	1	-	19	7:38	16.25	1:55:33	7:06	1	-	20	35:33
Lap 6	3.25	24:10	7:26	1	-	20	7:48	19.50	2:19:43	7:09	1	-	20	43:05
Lap 7	3.25	24:34	7:33	1	-	22	8:15	22.75	2:44:17	7:13	1	-	21	51:03
Lap 8	3.25	23:37	7:15	1	-	17	7:06	26.00	3:07:54	7:13	1	-	19	58:09
Lap 9	3.25	23:27	7:12	1	-	15	7:23	29.25	3:31:21	7:13	1	-	18	1:05:32
Lap 10	3.25	24:33	7:33	1	-	17	8:06	32.50	3:55:54	7:15	1	-	18	1:13:38
Lap 11	3.25	26:16	8:04	1	-	19	9:30	35.75	4:22:10	7:20	1	-	17	1:23:08
Lap 12	3.25	24:04	7:24	1	-	13	7:23	39.00	4:46:14	7:20	1	-	17	1:30:31
Last lap Finish	3.25	25:03	7:42	1	-	16	8:56	42.25	5:11:17	7:22	1	-	17	1:39:27