



### 3. Erfurter Marathon

Erfurt / 27.08.2016

#### Detailed evaluation

**Kraaz, Friederike**

Club: Sport Jongleure  
Number: 39

Course: 42.20 km  
Marathon Einrad

Category:  
Frauen

Total time: 3:13:51

Speed: 13.00 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 12 (of 28)

Rank in course/Women: 6 (of 13)

Best time in course: 2:46:33

Rank in category: 6(of 13)

Best time in the category: 2:46:33

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
nördlichster Punkt	4.59	17:11	3:44	7	1:38	7	1:38	4.59	17:11	3:44	7	1:38	7	1:38
Wechselstelle 1	5.09	20:45	4:04	6	4:05	6	4:05	9.68	37:56	3:55	6	5:34	6	5:34
Wechselstelle 2	11.40	51:34	4:31	7	9:02	7	9:02	21.08	1:29:30	4:14	7	10:30	7	10:30
südlichster Punkt	5.28	33:30	6:20	6	11:02	6	11:02	26.36	2:03:00	4:39	6	19:33	6	19:33
Wechselstelle 3	3.99	21:50	5:28	6	5:08	6	5:08	30.35	2:24:50	4:46	6	24:41	6	24:41
Nordpark Erfurt	12.20	49:01	4:01	5	6:56	5	6:56	42.20	3:13:51	4:35	6	27:18	6	27:18