



3. Erfurter Marathon

Erfurt / 27.08.2016

Detailed evaluation

Herbst, Lisa

Club: SV Lautern e. V.
Number: 100

Course: 42.20 km
Marathon Einrad

Category:
Frauen

Total time: 3:44:07

Speed: 11.30 km/h
Running performance: 5:19 min/km

Rank in course/Total: 16 (of 28)

Rank in course/Women: 7 (of 13)

Best time in course: 2:46:33

Rank in category: 7(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
nördlichster Punkt	4.59	18:18	3:59	8	8	2:45	8	2:45	4.59	18:18	3:59	8	8	2:45
Wechselstelle 1	5.09	21:18	4:11	7	7	4:38	7	4:38	9.68	39:36	4:05	8	8	7:14
Wechselstelle 2	11.40	55:57	4:54	8	8	13:25	8	13:25	21.08	1:35:33	4:31	8	8	16:33
südlichster Punkt	5.28	41:10	7:47	8	8	18:42	8	18:42	26.36	2:16:43	5:11	7	7	33:16
Wechselstelle 3	3.99	23:42	5:56	8	8	7:00	8	7:00	30.35	2:40:25	5:17	7	7	40:16
Nordpark Erfurt	12.20	1:03:42	5:13	8	8	21:37	8	21:37	42.20	3:44:07	5:18	7	7	57:34