



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Barrable, Sarah-Jane

Club: Camberley

Number: 301

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:45:46

Speed: 12.48 km/h

Running performance: 4:39 min/km

Rank in course/Total: 22 (of 159)

Rank in course/Women: 2 (of 37)

Best time in course: 1:42:13

Rank in category: 1(of 9)

Best time in the category: 1:45:46

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	14:16	4:23	1	-	2	0:59	3.25	14:16	4:23	1	-	2	0:59
Lap 2	3.25	15:02	4:37	1	-	2	0:58	6.50	29:18	4:30	1	-	2	1:57
Lap 3	3.25	15:13	4:40	1	-	2	0:48	9.75	44:31	4:33	1	-	2	2:45
Lap 4	3.25	15:25	4:44	1	-	2	0:38	13.00	59:56	4:36	1	-	2	3:23
Lap 5	3.25	15:28	4:45	1	-	2	0:31	16.25	1:15:24	4:38	1	-	2	3:54
Lap 6	3.25	15:20	4:43	1	-	2	0:01	19.50	1:30:44	4:39	1	-	2	3:55
Last lap Finish	3.25	15:02	4:37	1	-	1	-	22.75	1:45:46	4:38	1	-	2	3:33