



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Grimmer, Diana

Club: OCR Frankfurt

Number: 330

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:07:00

Speed: 10.75 km/h

Running performance: 5:35 min/km

Rank in course/Total: 73 (of 159)

Rank in course/Women: 12 (of 37)

Best time in course: 1:42:13

Rank in category: 4(of 9)

Best time in the category: 1:45:46

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	17:07	5:15	4	2:51	10	3:50	3.25	17:07	5:15	4	2:51	10	3:50
Lap 2	3.25	17:08	5:16	4	2:06	10	3:04	6.50	34:15	5:16	4	4:57	10	6:54
Lap 3	3.25	17:54	5:30	4	2:41	12	3:29	9.75	52:09	5:20	4	7:38	10	10:23
Lap 4	3.25	18:27	5:40	4	3:02	16	3:40	13.00	1:10:36	5:25	4	10:40	12	14:03
Lap 5	3.25	18:38	5:44	4	3:10	15	3:41	16.25	1:29:14	5:29	4	13:50	12	17:44
Lap 6	3.25	19:14	5:55	6	3:54	16	3:55	19.50	1:48:28	5:33	4	17:44	12	21:39
Last lap Finish	3.25	18:32	5:42	4	3:30	13	3:30	22.75	2:07:00	5:34	4	21:14	12	24:47