



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Jarzina, Lisa

Club: OCR Frankfurt

Number: 344

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:10:58

Speed: 10.08 km/h

Running performance: 5:46 min/km

Rank in course/Total: 91 (of 159)

Rank in course/Women: 17 (of 37)

Best time in course: 1:42:13

Rank in category: 5(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	18:21	5:38	6	4:05	18	5:04	3.25	18:21	5:38	6	4:05	18	5:04
Lap 2	3.25	17:39	5:25	5	2:37	14	3:35	6.50	36:00	5:32	6	6:42	17	8:39
Lap 3	3.25	18:11	5:35	5	2:58	15	3:46	9.75	54:11	5:33	6	9:40	15	12:25
Lap 4	3.25	18:43	5:45	5	3:18	17	3:56	13.00	1:12:54	5:36	5	12:58	16	16:21
Lap 5	3.25	19:05	5:52	6	3:37	21	4:08	16.25	1:31:59	5:39	5	16:35	16	20:29
Lap 6	3.25	19:12	5:54	5	3:52	15	3:53	19.50	1:51:11	5:42	6	20:27	17	24:22
Last lap Finish	3.25	19:47	6:05	5	4:45	19	4:45	22.75	2:10:58	5:45	5	25:12	17	28:45