



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lautenbach, Karolin

Club: OCR Frankfurt

Number: 364

Course: 22.75 km

Halbmarathon

Category:

Frauen (20-29 Jahre)

Total time: 2:26:05

Speed: 9.04 km/h

Running performance: 6:25 min/km

Rank in course/Total: 123 (of 159)

Rank in course/Women: 25 (of 37)

Best time in course: 1:42:13

Rank in category: 6(of 7)

Best time in the category: 1:42:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	18:31	5:41	5	5:14	22	5:14	3.25	18:31	5:41	5	5:14	22	5:14
Lap 2	3.25	19:27	5:59	6	5:23	25	5:23	6.50	37:58	5:50	6	10:37	25	10:37
Lap 3	3.25	20:43	6:22	6	6:18	25	6:18	9.75	58:41	6:01	6	16:55	25	16:55
Lap 4	3.25	20:59	6:27	6	6:12	25	6:12	13.00	1:19:40	6:07	6	23:07	25	23:07
Lap 5	3.25	22:02	6:46	6	7:05	27	7:05	16.25	1:41:42	6:15	6	30:12	25	30:12
Lap 6	3.25	21:50	6:43	6	6:31	25	6:31	19.50	2:03:32	6:20	6	36:43	25	36:43
Last lap Finish	3.25	22:33	6:56	6	7:09	27	7:31	22.75	2:26:05	6:25	6	43:52	25	43:52