



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Solberg, Michaela

Club: Frankfurt

Number: 431

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:34:30

Speed: 8.54 km/h

Running performance: 6:47 min/km

Rank in course/Total: 139 (of 159)

Rank in course/Women: 29 (of 37)

Best time in course: 1:42:13

Rank in category: 4(of 4)

Best time in the category: 1:56:21

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	20:19	6:15	4	3:59	30	7:02	3.25	20:19	6:15	4	3:59	30	7:02
Lap 2	3.25	21:21	6:34	4	4:39	30	7:17	6.50	41:40	6:24	4	8:38	29	14:19
Lap 3	3.25	21:35	6:38	4	4:23	30	7:10	9.75	1:03:15	6:29	4	13:01	29	21:29
Lap 4	3.25	21:58	6:45	4	5:40	30	7:11	13.00	1:25:13	6:33	4	18:41	29	28:40
Lap 5	3.25	22:41	6:58	4	6:04	29	7:44	16.25	1:47:54	6:38	4	24:45	29	36:24
Lap 6	3.25	23:43	7:17	4	6:57	29	8:24	19.50	2:11:37	6:44	4	31:42	29	44:48
Last lap Finish	3.25	22:53	7:02	4	6:27	28	7:51	22.75	2:34:30	6:47	4	38:09	29	52:17