



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Machauer, Ines

Club: OCR Frankfurt

Number: 373

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:44:44

Speed: 8.01 km/h

Running performance: 7:14 min/km

Rank in course/Total: 150 (of 159)

Rank in course/Women: 34 (of 37)

Best time in course: 1:42:13

Rank in category: 8(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 | 19:42 | 6:03 | 8 | 5:26 | 28 | 6:25 | 3.25 | 19:42 | 6:03 | 8 | 5:26 | 28 | 6:25 |
| Lap 2 | 3.25 | 23:00 | 7:04 | 8 | 7:58 | 34 | 8:56 | 6.50 | 42:42 | 6:34 | 8 | 13:24 | 32 | 15:21 |
| Lap 3 | 3.25 | 23:34 | 7:15 | 8 | 8:21 | 35 | 9:09 | 9.75 | 1:06:16 | 6:47 | 8 | 21:45 | 33 | 24:30 |
| Lap 4 | 3.25 | 24:21 | 7:29 | 8 | 8:56 | 34 | 9:34 | 13.00 | 1:30:37 | 6:58 | 8 | 30:41 | 33 | 34:04 |
| Lap 5 | 3.25 | 24:47 | 7:37 | 8 | 9:19 | 34 | 9:50 | 16.25 | 1:55:24 | 7:06 | 8 | 40:00 | 33 | 43:54 |
| Lap 6 | 3.25 | 24:48 | 7:37 | 8 | 9:28 | 35 | 9:29 | 19.50 | 2:20:12 | 7:11 | 8 | 49:28 | 34 | 53:23 |
| Last lap Finish | 3.25 | 24:32 | 7:32 | 8 | 9:30 | 33 | 9:30 | 22.75 | 2:44:44 | 7:14 | 8 | 58:58 | 34 | 1:02:31 |