



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Linnartz, Isabel

Club: Team Erdinger Alkoholfrei
Number: 367

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 3:04:12

Speed: 7.17 km/h
Running performance: 8:06 min/km

Rank in course/Total: 157 (of 159)

Rank in course/Women: 37 (of 37)

Best time in course: 1:42:13

Rank in category: 3(of 3)

Best time in the category: 2:12:36

Intermediate times				Stage score				Total ranking						
Control	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	21:52	6:43	3	3:26	34	8:35	3.25	21:52	6:43	3	3:26	34	8:35
Lap 2	3.25	24:35	7:33	3	6:06	36	10:31	6.50	46:27	7:08	3	9:29	36	19:06
Lap 3	3.25	27:24	8:25	3	8:16	37	12:59	9.75	1:13:51	7:34	3	17:43	36	32:05
Lap 4	3.25	28:01	8:37	3	9:11	37	13:14	13.00	1:41:52	7:50	3	26:54	36	45:19
Lap 5	3.25	28:29	8:45	3	9:44	37	13:32	16.25	2:10:21	8:01	3	36:38	37	58:51
Lap 6	3.25	27:08	8:20	3	7:44	36	11:49	19.50	2:37:29	8:04	3	44:22	37	1:10:40
Last lap Finish	3.25	26:43	8:13	3	7:14	37	11:41	22.75	3:04:12	8:05	3	51:36	37	1:21:59