



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Lang, Carmen

Club: Sparda Team

Number: 573

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 3:49:19

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 41 (of 119)

Rank in course/Women: 2 (of 12)

Best time in course: 3:46:38

Rank in category: 2(of 3)

Best time in the category: 3:46:38

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	15:04	4:38	1	-	1	-	3.25	15:04	4:38	1	-	1	-
Lap 2	3.25	16:03	4:56	1	-	1	-	6.50	31:07	4:47	1	-	1	-
Lap 3	3.25	16:27	5:03	1	-	1	-	9.75	47:34	4:52	1	-	1	-
Lap 4	3.25	16:40	5:07	2	0:04	2	0:04	13.00	1:04:14	4:56	1	-	1	-
Lap 5	3.25	16:53	5:11	2	0:05	2	0:05	16.25	1:21:07	4:59	1	-	1	-
Lap 6	3.25	17:12	5:17	1	-	1	-	19.50	1:38:19	5:02	1	-	1	-
Lap 7	3.25	17:38	5:25	2	0:11	2	0:11	22.75	1:55:57	5:05	1	-	1	-
Lap 8	3.25	18:06	5:34	2	0:33	2	0:33	26.00	2:14:03	5:09	1	-	1	-
Lap 9	3.25	18:46	5:46	2	0:59	2	0:59	29.25	2:32:49	5:13	2	0:34	2	0:34
Lap 10	3.25	19:06	5:52	2	0:39	2	0:39	32.50	2:51:55	5:17	2	1:13	2	1:13
Lap 11	3.25	18:54	5:48	1	-	1	-	35.75	3:10:49	5:20	2	1:00	2	1:00
Lap 12	3.25	19:57	6:08	2	0:52	4	0:52	39.00	3:30:46	5:24	2	1:52	2	1:52
Last lap Finish	3.25	18:33	5:42	2	0:49	2	0:49	42.25	3:49:19	5:25	2	2:41	2	2:41