



# 10. Kristall-Marathon

Merkers / 14.02.2016

## Detailed evaluation

Lederle, Sabrina

Club: Team Vegan.at

Number: 575

Course: 42.25 km

Marathon

Category:

Frauen (20-29 Jahre)

Total time: 4:04:54

Speed: 10.29 km/h

Running performance: 5:48 min/km

Rank in course/Total: 60 (of 119)

Rank in course/Women: 4 (of 12)

Best time in course: 3:46:38

Rank in category: 1(of 2)

Best time in the category: 4:04:54

Control	Intermediate times								Stage score				Total ranking			
	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	18:02	5:32	2	0:47	6	2:58	3.25	18:02	5:32	2	0:47	6	2:58		
Lap 2	3.25	18:02	5:32	2	0:14	6	1:59	6.50	36:04	5:32	2	1:01	6	4:57		
Lap 3	3.25	18:10	5:35	2	0:09	6	1:43	9.75	54:14	5:33	2	1:10	6	6:40		
Lap 4	3.25	18:16	5:37	2	0:30	6	1:40	13.00	1:12:30	5:34	2	1:40	6	8:16		
Lap 5	3.25	18:36	5:43	2	0:35	6	1:48	16.25	1:31:06	5:36	2	2:15	6	9:59		
Lap 6	3.25	18:33	5:42	1	-	4	1:21	19.50	1:49:39	5:37	2	2:01	6	11:20		
Lap 7	3.25	18:17	5:37	1	-	3	0:50	22.75	2:07:56	5:37	2	1:15	6	11:59		
Lap 8	3.25	18:34	5:42	1	-	3	1:01	26.00	2:26:30	5:38	2	0:15	6	12:27		
Lap 9	3.25	19:35	6:01	1	-	4	1:48	29.25	2:46:05	5:40	1	-	4	13:50		
Lap 10	3.25	19:47	6:05	1	-	5	1:20	32.50	3:05:52	5:43	1	-	5	15:10		
Lap 11	3.25	19:20	5:56	1	-	3	0:26	35.75	3:25:12	5:44	1	-	4	15:23		
Lap 12	3.25	19:41	6:03	1	-	2	0:36	39.00	3:44:53	5:45	1	-	4	15:59		
Last lap Finish	3.25	20:01	6:09	1	-	3	2:17	42.25	4:04:54	5:47	1	-	4	18:16		