



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Larsen, Janni

Club: Roskilde

Number: 574

Course: 42.25 km

Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 5:08:44

Speed: 8.16 km/h

Running performance: 7:19 min/km

Rank in course/Total: 115 (of 119)

Rank in course/Women: 12 (of 12)

Best time in course: 3:46:38

Rank in category: 2(of 2)

Best time in the category: 5:04:47

Intermediate times

Stage score

Total ranking

Control	Split				Pos				Total					
	km	Time	min/km	Cat.	Behind	Cat.	Women	Women	Total km	Total Time	Total min/km	Pos	Behind	Pos
Lap 1	3.25	19:25	5:58	1	-	8	4:21	3.25	19:25	5:58	1	-	8	4:21
Lap 2	3.25	21:14	6:31	2	0:48	12	5:11	6.50	40:39	6:15	1	-	9	9:32
Lap 3	3.25	20:38	6:20	2	0:10	10	4:11	9.75	1:01:17	6:17	2	0:02	11	13:43
Lap 4	3.25	21:22	6:34	1	-	9	4:46	13.00	1:22:39	6:21	1	-	9	18:25
Lap 5	3.25	21:48	6:42	2	0:31	12	5:00	16.25	1:44:27	6:25	2	0:02	12	23:20
Lap 6	3.25	22:05	6:47	2	0:28	12	4:53	19.50	2:06:32	6:29	2	0:30	12	28:13
Lap 7	3.25	24:13	7:27	2	2:00	12	6:46	22.75	2:30:45	6:37	2	2:30	12	34:48
Lap 8	3.25	26:23	8:07	2	3:34	12	8:50	26.00	2:57:08	6:48	2	6:04	12	43:05
Lap 9	3.25	25:22	7:48	2	0:48	12	7:35	29.25	3:22:30	6:55	2	6:52	12	50:15
Lap 10	3.25	25:19	7:47	1	-	11	6:52	32.50	3:47:49	7:00	2	6:48	12	57:07
Lap 11	3.25	26:47	8:14	2	0:30	12	7:53	35.75	4:14:36	7:07	2	7:18	12	1:04:47
Lap 12	3.25	25:49	7:56	1	-	11	6:44	39.00	4:40:25	7:11	2	7:02	12	1:11:31
Last lap Finish	3.25	28:19	8:42	1	-	11	10:35	42.25	5:08:44	7:18	2	3:57	12	1:22:06