



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

NIEDERHAUSEN, Tanja

Club: Laufrausch Rudolstadt

Number: 286

Course: 22.75 km

Halbmarathon

Category:

Frauen (20-29 Jahre)

Total time: 1:55:01

Speed: 11.87 km/h

Running performance: 5:04 min/km

Rank in course/Total: 42 (of 149)

Rank in course/Women: 4 (of 35)

Best time in course: 1:49:12

Rank in category: 1(of 3)

Best time in the category: 1:55:01

Intermediate times

Stage score

Total ranking

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	15:02	4:37	1	-	2	0:35	3.25	15:02	4:37	1	-	2	0:35
Lap 2	3.25	15:42	4:49	1	-	4	0:54	6.50	30:44	4:43	1	-	3	1:29
Lap 3	3.25	16:12	4:59	1	-	4	0:55	9.75	46:56	4:48	1	-	4	2:24
Lap 4	3.25	16:52	5:11	1	-	5	1:12	13.00	1:03:48	4:54	1	-	4	3:36
Lap 5	3.25	17:17	5:19	1	-	4	1:12	16.25	1:21:05	4:59	1	-	4	4:48
Lap 6	3.25	17:25	5:21	1	-	5	1:35	19.50	1:38:30	5:03	1	-	4	6:00
Last lap Finish	3.25	16:31	5:04	1	-	3	0:34	22.75	1:55:01	5:03	1	-	4	5:49