



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**SCHLÖßER, Sabrina**

Club: Sportshop-Triathlon Team

Number: 310

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 3:14:56

Speed: 6.77 km/h

Running performance: 8:34 min/km

Rank in course/Total: 144 (of 149)

Rank in course/Women: 33 (of 35)

Best time in course: 1:49:12

Rank in category: 3(of 3)

Best time in the category: 2:19:08

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total |         | Pos<br>Cat. | Behind<br>Cat. | Total ranking |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|-------------|----------------|---------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | km    | Time    |             |                | min/km        | Pos<br>Women | Behind<br>Women |
| Lap 1           | 3.25        | 23:02         | 7:05            | 3           | 5:54           | 34           | 8:35            | 3.25  | 23:02   | 7:05        | 3              | 5:54          | 34           | 8:35            |
| Lap 2           | 3.25        | 24:48         | 7:37            | 3           | 6:46           | 34           | 10:00           | 6.50  | 47:50   | 7:21        | 3              | 12:40         | 34           | 18:35           |
| Lap 3           | 3.25        | 26:43         | 8:13            | 3           | 8:03           | 34           | 11:26           | 9.75  | 1:14:33 | 7:38        | 3              | 20:43         | 34           | 30:01           |
| Lap 4           | 3.25        | 27:18         | 8:24            | 3           | 7:33           | 33           | 11:38           | 13.00 | 1:41:51 | 7:50        | 3              | 27:47         | 33           | 41:39           |
| Lap 5           | 3.25        | 31:40         | 9:44            | 3           | 11:55          | 33           | 15:35           | 16.25 | 2:13:31 | 8:12        | 3              | 38:34         | 33           | 57:14           |
| Lap 6           | 3.25        | 31:46         | 9:46            | 3           | 10:07          | 33           | 15:56           | 19.50 | 2:45:17 | 8:28        | 3              | 48:09         | 33           | 1:12:47         |
| Last lap Finish | 3.25        | 29:39         | 9:07            | 3           | 7:46           | 33           | 13:42           | 22.75 | 3:14:56 | 8:34        | 3              | 55:48         | 33           | 1:25:44         |