



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**GOEBEL, Sonia Isabel**

Club: Early Bird Crew/Team Erdinger Alkoholfrei  
Number: 40

Course: 42.25 km  
Marathon

Category:  
Frauen (20-29 Jahre)

Total time: 3:45:25

Speed: 11.18 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 31 (of 110)

Rank in course/Women: 2 (of 10)

Best time in course: 3:41:35

Rank in category: 1(of 2)

Best time in the category: 3:45:25

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	14:57	4:35	1	-	1	-	3.25	14:57	4:35	1	-	1	-
Lap 2	3.25	15:57	4:54	1	-	1	-	6.50	30:54	4:45	1	-	1	-
Lap 3	3.25	16:26	5:03	1	-	1	-	9.75	47:20	4:51	1	-	1	-
Lap 4	3.25	17:05	5:15	1	-	2	0:40	13.00	1:04:25	4:57	1	-	1	-
Lap 5	3.25	17:21	5:20	1	-	3	0:46	16.25	1:21:46	5:01	1	-	1	-
Lap 6	3.25	19:33	6:00	1	-	5	2:46	19.50	1:41:19	5:11	1	-	2	1:29
Lap 7	3.25	17:46	5:28	1	-	2	0:56	22.75	1:59:05	5:14	1	-	2	2:25
Lap 8	3.25	17:33	5:24	1	-	2	0:33	26.00	2:16:38	5:15	1	-	2	2:58
Lap 9	3.25	16:58	5:13	1	-	1	-	29.25	2:33:36	5:15	1	-	2	2:41
Lap 10	3.25	17:56	5:31	1	-	2	0:38	32.50	2:51:32	5:16	1	-	2	3:19
Lap 11	3.25	18:09	5:35	1	-	2	0:45	35.75	3:09:41	5:18	1	-	2	4:04
Lap 12	3.25	18:14	5:36	1	-	2	0:02	39.00	3:27:55	5:19	1	-	2	4:06
Last lap Finish	3.25	17:30	5:23	1	-	1	-	42.25	3:45:25	5:20	1	-	2	3:50