



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

SCHADOW, Laura

Club: LLG Luckenwalde

Number: 115

Course: 42.25 km

Marathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 3:58:06

Speed: 10.58 km/h

Running performance: 5:38 min/km

Rank in course/Total: 51 (of 110)

Rank in course/Women: 3 (of 10)

Best time in course: 3:41:35

Rank in category: 2(of 3)

Best time in the category: 3:41:35

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	16:41	5:08	1	-	2	1:44	3.25	16:41	5:08	1	-	2	1:44
Lap 2	3.25	16:48	5:10	2	0:13	3	0:51	6.50	33:29	5:09	1	-	2	2:35
Lap 3	3.25	17:06	5:15	2	0:32	3	0:40	9.75	50:35	5:11	2	0:32	3	3:15
Lap 4	3.25	17:26	5:21	2	1:01	3	1:01	13.00	1:08:01	5:13	2	1:33	3	3:36
Lap 5	3.25	17:08	5:16	2	0:33	2	0:33	16.25	1:25:09	5:14	2	2:06	3	3:23
Lap 6	3.25	17:29	5:22	2	0:42	2	0:42	19.50	1:42:38	5:15	2	2:48	3	2:48
Lap 7	3.25	17:59	5:31	2	1:09	4	1:09	22.75	2:00:37	5:18	2	3:57	3	3:57
Lap 8	3.25	18:29	5:41	2	1:29	5	1:29	26.00	2:19:06	5:20	2	5:26	3	5:26
Lap 9	3.25	19:17	5:56	2	2:02	5	2:19	29.25	2:38:23	5:24	2	7:28	3	7:28
Lap 10	3.25	20:31	6:18	2	3:13	5	3:13	32.50	2:58:54	5:30	2	10:41	3	10:41
Lap 11	3.25	20:07	6:11	2	2:43	5	2:43	35.75	3:19:01	5:34	2	13:24	3	13:24
Lap 12	3.25	19:32	6:00	2	1:20	4	1:20	39.00	3:38:33	5:36	2	14:44	3	14:44
Last lap Finish	3.25	19:33	6:00	2	1:47	4	2:03	42.25	3:58:06	5:38	2	16:31	3	16:31