



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LAUBE, Sophia

Club: -

Number: 124

Course: 9.75 km

10 km Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:00:07

Speed: 8.98 km/h

Running performance: 6:10 min/km

Rank in course/Total: 147 (of 215)

Rank in course/Women: 40 (of 81)

Best time in course: 41:42

Rank in category: 9(of 12)

Best time in the category: 49:06

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|-----------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | 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 | 18:40 | 5:44 | 7 | 3:07 | 34 | 5:16 | 3.25 | 18:40 | 5:44 | 7 | 3:07 | 34 | 5:16 |
| Lap 2 | 3.25 | 20:57 | 6:26 | 10 | 4:20 | 47 | 7:02 | 6.50 | 39:37 | 6:05 | 9 | 7:10 | 41 | 12:18 |
| Last lap Finish | 3.25 | 20:30 | 6:18 | 8 | 3:51 | 39 | 6:07 | 9.75 | 1:00:07 | 6:09 | 9 | 11:01 | 41 | 40:54 |