



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

LICHTEBLAU, Silke

Club: BSG Lülisdorf e.V.

Number: 429

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:10:38

Speed: 10.10 km/h

Running performance: 5:44 min/km

Rank in course/Total: 134 (of 261)

Rank in course/Women: 15 (of 46)

Best time in course: 1:46:29

Rank in category: 5(of 6)

Best time in the category: 1:46:29

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	18:21	5:38	5	5:10	17	5:10	3.25	18:21	5:38	5	5:10	17	5:10
Lap 2	3.25	18:12	5:35	5	4:00	15	4:00	6.50	36:33	5:37	5	9:10	16	9:10
Lap 3	3.25	18:16	5:37	5	3:23	14	3:23	9.75	54:49	5:37	5	12:33	15	12:33
Lap 4	3.25	18:51	5:48	5	3:35	14	3:35	13.00	1:13:40	5:40	5	16:08	15	16:08
Lap 5	3.25	19:05	5:52	5	3:18	14	3:20	16.25	1:32:45	5:42	5	19:20	15	19:20
Lap 6	3.25	19:10	5:53	5	2:59	15	3:03	19.50	1:51:55	5:44	5	21:51	15	21:51
Last lap Finish	3.25	18:43	5:45	5	3:08	13	3:08	22.75	2:10:38	5:44	5	24:09	15	24:09