



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KAISER, Lena

Club: -

Number: 407

Course: 22.75 km

Halbmarathon

Category:

Frauen (20-29 Jahre)

Total time: 2:50:16

Speed: 7.75 km/h

Running performance: 7:29 min/km

Rank in course/Total: 235 (of 261)

Rank in course/Women: 34 (of 46)

Best time in course: 1:46:29

Rank in category: 3(of 3)

Best time in the category: 2:31:54

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	21:30	6:36	3	2:31	36	8:19	3.25	21:30	6:36	3	2:31	36	8:19
Lap 2	3.25	23:06	7:06	3	2:47	36	8:54	6.50	44:36	6:51	3	5:18	35	17:13
Lap 3	3.25	23:28	7:13	3	2:21	34	8:35	9.75	1:08:04	6:58	3	7:28	34	25:48
Lap 4	3.25	24:03	7:24	3	1:10	34	8:47	13.00	1:32:07	7:05	3	8:38	34	34:35
Lap 5	3.25	25:14	7:45	2	2:15	33	9:29	16.25	1:57:21	7:13	3	10:53	34	43:56
Lap 6	3.25	26:08	8:02	2	3:01	34	10:01	19.50	2:23:29	7:21	3	13:54	34	53:25
Last lap Finish	3.25	26:47	8:14	2	4:28	34	11:12	22.75	2:50:16	7:29	3	18:22	34	1:03:47