



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

ERNHARDT, Ilka

Club: Team ERDINGER Alkoholfrei

Number: 635

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:14:00

Speed: 6.80 km/h

Running performance: 8:32 min/km

Rank in course/Total: 249 (of 261)

Rank in course/Women: 42 (of 46)

Best time in course: 1:46:29

Rank in category: 6(of 6)

Best time in the category: 2:01:31

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	24:00	7:23	5	8:13	41	10:49	3.25	24:00	7:23	5	8:13	41	10:49
Lap 2	3.25	25:46	7:55	6	8:41	42	11:34	6.50	49:46	7:39	6	16:54	41	22:23
Lap 3	3.25	26:55	8:16	6	9:31	41	12:02	9.75	1:16:41	7:51	6	26:25	41	34:25
Lap 4	3.25	28:32	8:46	6	11:00	43	13:16	13.00	1:45:13	8:05	6	37:25	42	47:41
Lap 5	3.25	28:56	8:54	6	11:20	43	13:11	16.25	2:14:09	8:15	6	48:45	42	1:00:44
Lap 6	3.25	29:57	9:12	6	12:01	43	13:50	19.50	2:44:06	8:24	6	1:00:46	42	1:14:02
Last lap Finish	3.25	29:54	9:11	6	11:43	43	14:19	22.75	3:14:00	8:31	6	1:12:29	42	1:27:31