



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Krause, Sarah-Alicia

Club: LTV Erfurt

Number: 416

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:45:56

Speed: 12.89 km/h

Running performance: 4:40 min/km

Rank in course/Total: 19 (of 244)

Rank in course/Women: 2 (of 65)

Best time in course: 1:42:53

Rank in category: 1(of 7)

Best time in the category: 1:45:56

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	13:53	4:16	1	-	2	0:01	3.25	13:53	4:16	1	-	2	0:01
Lap 2	3.25	14:39	4:30	1	-	1	-	6.50	28:32	4:23	1	-	2	0:01
Lap 3	3.25	14:52	4:34	1	-	3	0:09	9.75	43:24	4:27	1	-	2	0:07
Lap 4	3.25	15:40	4:49	1	-	3	0:47	13.00	59:04	4:32	1	-	2	0:54
Lap 5	3.25	15:56	4:54	1	-	4	0:52	16.25	1:15:00	4:36	1	-	2	1:46
Lap 6	3.25	15:49	4:51	1	-	3	0:41	19.50	1:30:49	4:39	1	-	2	2:27
Last lap Finish	3.25	15:07	4:39	1	-	2	0:36	22.75	1:45:56	4:39	1	-	2	3:03