



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Franke, Sandra

Club: Läufer mit Herz

Number: 357

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 2:16:15

Speed: 9.69 km/h

Running performance: 5:59 min/km

Rank in course/Total: 142 (of 244)

Rank in course/Women: 26 (of 65)

Best time in course: 1:42:53

Rank in category: 4(of 8)

Best time in the category: 1:42:53

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	18:18	5:37	3	4:26	22	4:26	3.25	18:18	5:37	3	4:26	22	4:26
Lap 2	3.25	18:37	5:43	5	3:58	28	3:58	6.50	36:55	5:40	4	8:24	25	8:24
Lap 3	3.25	19:40	6:03	6	4:54	32	4:57	9.75	56:35	5:48	5	13:18	28	13:18
Lap 4	3.25	19:43	6:03	4	4:50	30	4:50	13.00	1:16:18	5:52	4	18:08	26	18:08
Lap 5	3.25	19:56	6:08	4	4:52	26	4:52	16.25	1:36:14	5:55	4	23:00	26	23:00
Lap 6	3.25	20:10	6:12	4	5:02	25	5:02	19.50	1:56:24	5:58	4	28:02	27	28:02
Last lap Finish	3.25	19:51	6:06	3	5:20	20	5:20	22.75	2:16:15	5:59	4	33:22	26	33:22