



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Strohschneider, Sandra

Club: Laufakademie Kassel

Number: 823

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:37:32

Speed: 8.38 km/h

Running performance: 6:55 min/km

Rank in course/Total: 208 (of 244)

Rank in course/Women: 51 (of 65)

Best time in course: 1:42:53

Rank in category: 8(of 11)

Best time in the category: 1:58:21

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	19:41	6:03	4	3:31	34	5:49	3.25	19:41	6:03	4	3:31	34	5:49
Lap 2	3.25	21:44	6:41	10	5:01	55	7:05	6.50	41:25	6:22	6	8:32	46	12:54
Lap 3	3.25	23:12	7:08	10	6:22	59	8:29	9.75	1:04:37	6:37	10	14:54	54	21:20
Lap 4	3.25	23:01	7:04	9	6:01	53	8:08	13.00	1:27:38	6:44	10	20:55	53	29:28
Lap 5	3.25	22:56	7:03	8	5:44	50	7:52	16.25	1:50:34	6:48	8	26:39	51	37:20
Lap 6	3.25	22:58	7:03	7	5:33	45	7:50	19.50	2:13:32	6:50	8	32:12	51	45:10
Last lap Finish	3.25	24:00	7:23	8	6:59	50	9:29	22.75	2:37:32	6:55	8	39:11	51	54:39