



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Karalus, Sabrina

Club: Wardenburg

Number: 400

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:43:32

Speed: 8.07 km/h

Running performance: 7:11 min/km

Rank in course/Total: 220 (of 244)

Rank in course/Women: 55 (of 65)

Best time in course: 1:42:53

Rank in category: 6(of 7)

Best time in the category: 1:45:56

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	23:13	7:08	7	9:20	58	9:21	3.25	23:13	7:08	7	9:20	58	9:21
Lap 2	3.25	22:53	7:02	7	8:14	59	8:14	6.50	46:06	7:05	7	17:34	58	17:35
Lap 3	3.25	22:40	6:58	7	7:48	56	7:57	9.75	1:08:46	7:03	7	25:22	59	25:29
Lap 4	3.25	23:09	7:07	6	7:29	56	8:16	13.00	1:31:55	7:04	6	32:51	57	33:45
Lap 5	3.25	23:12	7:08	6	7:16	51	8:08	16.25	1:55:07	7:05	6	40:07	55	41:53
Lap 6	3.25	24:07	7:25	6	8:18	54	8:59	19.50	2:19:14	7:08	6	48:25	56	50:52
Last lap Finish	3.25	24:18	7:28	6	9:11	52	9:47	22.75	2:43:32	7:11	6	57:36	55	1:00:39