



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krause, Sarah-Alicia

Club: LTV Erfurt

Number: 409

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:47:05

Speed: 12.33 km/h

Running performance: 4:43 min/km

Rank in course/Total: 17 (of 244)

Rank in course/Women: 1 (of 67)

Best time in course: 1:47:05

Rank in category: 1(of 7)

Best time in the category: 1:47:05

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	14:23	4:25	1	-	1	-	3.25	14:23	4:25	1	-	1	-
Lap 2	3.25	14:56	4:35	1	-	2	0:01	6.50	29:19	4:30	1	-	2	0:01
Lap 3	3.25	14:58	4:36	1	-	1	-	9.75	44:17	4:32	1	-	1	-
Lap 4	3.25	15:25	4:44	1	-	1	-	13.00	59:42	4:35	1	-	1	-
Lap 5	3.25	15:50	4:52	1	-	2	0:06	16.25	1:15:32	4:38	1	-	1	-
Lap 6	3.25	15:51	4:52	1	-	2	0:18	19.50	1:31:23	4:41	1	-	1	-
Last lap Finish	3.25	15:42	4:49	1	-	2	0:33	22.75	1:47:05	4:42	1	-	1	-