



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Lauer, Sabrina

Club: Ludwigshafen

Number: 418

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 2:03:48

Speed: 10.66 km/h

Running performance: 5:26 min/km

Rank in course/Total: 76 (of 244)

Rank in course/Women: 13 (of 67)

Best time in course: 1:47:05

Rank in category: 3(of 7)

Best time in the category: 1:47:05

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	17:03	5:14	4	2:40	16	2:40	3.25	17:03	5:14	4	2:40	16	2:40
Lap 2	3.25	17:04	5:15	3	2:08	14	2:09	6.50	34:07	5:14	4	4:48	16	4:49
Lap 3	3.25	17:30	5:23	3	2:32	15	2:32	9.75	51:37	5:17	3	7:20	15	7:20
Lap 4	3.25	17:34	5:24	3	2:09	11	2:09	13.00	1:09:11	5:19	3	9:29	15	9:29
Lap 5	3.25	18:01	5:32	3	2:11	12	2:17	16.25	1:27:12	5:21	3	11:40	13	11:40
Lap 6	3.25	18:11	5:35	3	2:20	12	2:38	19.50	1:45:23	5:24	3	14:00	13	14:00
Last lap Finish	3.25	18:25	5:40	4	2:43	16	3:16	22.75	2:03:48	5:26	3	16:43	13	16:43