



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Krahlisch, Joelle

Club: Göttingen

Number: 710

Course: 42.25 km

Marathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 4:47:30

Speed: 8.82 km/h

Running performance: 6:48 min/km

Rank in course/Total: 149 (of 185)

Rank in course/Women: 16 (of 24)

Best time in course: 3:31:50

Rank in category: 3(of 3)

Best time in the category: 3:58:12

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	20:57	6:26	2	3:29	12	5:27	3.25	20:57	6:26	2	3:29	12	5:27
Lap 2	3.25	19:26	5:58	2	2:04	9	3:36	6.50	40:23	6:12	2	5:33	11	9:01
Lap 3	3.25	20:57	6:26	3	3:32	14	4:56	9.75	1:01:20	6:17	3	9:05	12	13:57
Lap 4	3.25	20:45	6:23	3	3:17	13	4:16	13.00	1:22:05	6:18	3	12:22	12	18:13
Lap 5	3.25	19:30	6:00	2	1:43	8	3:22	16.25	1:41:35	6:15	2	14:05	10	21:35
Lap 6	3.25	20:50	6:24	3	2:51	11	4:28	19.50	2:02:25	6:16	2	16:56	10	25:47
Lap 7	3.25	22:11	6:49	3	4:02	16	5:52	22.75	2:24:36	6:21	3	20:58	11	31:22
Lap 8	3.25	22:14	6:50	3	2:50	15	5:43	26.00	2:46:50	6:25	3	23:48	11	37:05
Lap 9	3.25	23:33	7:14	3	4:58	16	7:29	29.25	3:10:23	6:30	3	28:46	12	44:34
Lap 10	3.25	23:32	7:14	3	4:23	16	7:05	32.50	3:33:55	6:34	3	33:09	13	51:39
Lap 11	3.25	25:30	7:50	3	5:58	17	8:44	35.75	3:59:25	6:41	3	39:07	15	1:00:23
Lap 12	3.25	24:28	7:31	3	5:31	15	7:47	39.00	4:23:53	6:45	3	44:38	16	1:08:10
Last lap Finish	3.25	23:37	7:15	3	4:40	14	7:30	42.25	4:47:30	6:48	3	49:18	16	1:15:40