



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Koch, Heike

Club: TSSC-Erfurt

Number: 184

Course: 42.25 km

Marathon

Category:

Frauen W40

Total time: 4:10:54

Speed: 10.04 km/h

Running performance: 5:56 min/km

Rank in course/Total: 95 (of 164)

Rank in course/Women: 7 (of 28)

Best time in course: 3:30:47

Rank in category: 2(of 5)

Best time in the category: 4:02:26

| Control | Intermediate times | | | | | | | | Stage score | | | | Total ranking | | | |
|-----------------|--------------------|------------|--------------|----------|-------------|----------|--------------|----------|-------------|--------------|----------|-------------|---------------|--------------|--|--|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Wome | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Wome | Behind Women | | |
| Lap 1 | 3.25 | 15:59 | 4:55 | 2 | 0:19 | 5 | 1:06 | 3.25 | 15:59 | 4:55 | 2 | | | 22 | | |
| Lap 2 | 3.25 | 16:59 | 5:13 | 3 | 0:42 | 6 | 1:43 | 6.50 | 32:58 | 5:04 | 2 | | | 22 | | |
| Lap 3 | 3.25 | 17:14 | 5:18 | 3 | 0:36 | 6 | 1:46 | 9.75 | 50:12 | 5:08 | 1 | - | | 22 | | |
| Lap 4 | 3.25 | 18:06 | 5:34 | 3 | 1:01 | 7 | 2:27 | 13.00 | 1:08:18 | 5:15 | 2 | 1:01 | | 22 | | |
| Lap 5 | 3.25 | 17:24 | 5:21 | 2 | 0:10 | 6 | 1:15 | 16.25 | 1:25:42 | 5:16 | 2 | 0:54 | | 22 | | |
| Lap 6 | 3.25 | 18:26 | 5:40 | 2 | 0:35 | 7 | 2:15 | 19.50 | 1:44:08 | 5:20 | 2 | 1:29 | | 22 | | |
| Lap 7 | 3.25 | 19:35 | 6:01 | 3 | 1:07 | 10 | 3:23 | 22.75 | 2:03:43 | 5:26 | 2 | 2:36 | | 22 | | |
| Lap 8 | 3.25 | 20:36 | 6:20 | 4 | 1:33 | 14 | 4:01 | 26.00 | 2:24:19 | 5:33 | 2 | 4:09 | | 22 | | |
| Lap 9 | 3.25 | 22:36 | 6:57 | 4 | 2:50 | 21 | 6:28 | 29.25 | 2:46:55 | 5:42 | 2 | 6:59 | | 22 | | |
| Lap 10 | 3.25 | 20:25 | 6:16 | 3 | 0:03 | 10 | 4:00 | 32.50 | 3:07:20 | 5:45 | 2 | 7:01 | | 22 | | |
| Lap 11 | 3.25 | 20:32 | 6:19 | 1 | - | 7 | 4:24 | 35.75 | 3:27:52 | 5:48 | 2 | 6:47 | | 22 | | |
| Lap 12 | 3.25 | 20:59 | 6:27 | 2 | 0:02 | 9 | 4:45 | 39.00 | 3:48:51 | 5:52 | 2 | 6:49 | | 22 | | |
| Last lap Finish | 3.25 | 22:03 | 6:47 | 3 | 2:21 | 17 | 6:53 | 42.25 | 4:10:54 | 5:56 | 2 | 8:28 | 8 | 40:07 | | |