



# 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: 10.10 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		