



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Szpakowska, Agnieszka

Club: Vorwärts Köln

Number: 176

Course: 42.25 km

Marathon

Category:

Frauen W30

Total time: 4:12:07

Speed: 10.00 km/h

Running performance: 5:58 min/km

Rank in course/Total: 101 (of 164)

Rank in course/Women: 9 (of 28)

Best time in course: 3:30:47

Rank in category: 1(of 1)

Best time in the category: 4:12:07

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	18:05	5:33	1	-	12	3:12	3.25	18:05	5:33	1	-	20	
Lap 2	3.25	18:40	5:44	1	-	16	3:24	6.50	36:45	5:39	1	-	13	
Lap 3	3.25	18:52	5:48	1	-	15	3:24	9.75	55:37	5:42	1	-	20	
Lap 4	3.25	19:21	5:57	1	-	15	3:42	13.00	1:14:58	5:46	1	-	20	
Lap 5	3.25	19:25	5:58	1	-	14	3:16	16.25	1:34:23	5:48	1	-	20	
Lap 6	3.25	19:45	6:04	1	-	12	3:34	19.50	1:54:08	5:51	1	-	20	
Lap 7	3.25	20:01	6:09	1	-	12	3:49	22.75	2:14:09	5:53	1	-	20	
Lap 8	3.25	19:05	5:52	1	-	7	2:30	26.00	2:33:14	5:53	1	-	20	
Lap 9	3.25	20:06	6:11	1	-	8	3:58	29.25	2:53:20	5:55	1	-	20	
Lap 10	3.25	19:55	6:07	1	-	5	3:30	32.50	3:13:15	5:56	1	-	20	
Lap 11	3.25	19:57	6:08	1	-	5	3:49	35.75	3:33:12	5:57	1	-	20	
Lap 12	3.25	20:09	6:11	1	-	4	3:55	39.00	3:53:21	5:59	1	-	20	
Last lap Finish	3.25	18:46	5:46	1	-	5	3:36	42.25	4:12:07	5:58	1	-	10	41:20