



3. Erfurter Marathon

Erfurt / 27.08.2016

Detailed evaluation

Kabella, Heike

Club: Kassel
Number: 133

Course: 42.20 km
Marathon Einzel

Category:
Frauen

Total time: 5:17:53

Speed: 7.93 km/h
Running performance: 7:32 min/km

Rank in course/Total: 31 (of 48)

Rank in course/Women: 5 (of 8)

Best time in course: 4:31:05

Rank in category: 5(of 8)

Best time in the category: 4:31:05

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
nördlichster Punkt	4.59	27:32	5:59	7	4:30	7	4:30	4.59	27:32	5:59	7	4:30	7	4:30
Wechselstelle 1	5.09	35:28	6:58	8	5:50	8	5:50	9.68	1:03:00	6:30	8	9:59	8	9:59
Wechselstelle 2	11.40	1:25:25	7:29	8	14:22	8	14:22	21.08	2:28:25	7:02	8	22:01	8	22:01
südlichster Punkt	5.28	44:05	8:20	5	11:25	5	11:25	26.36	3:12:30	7:18	7	30:49	7	30:49
Wechselstelle 3	3.99	34:19	8:36	6	5:49	6	5:49	30.35	3:46:49	7:28	6	36:38	6	36:38
Nordpark Erfurt	12.20	1:31:04	7:27	5	21:53	5	21:53	42.20	5:17:53	7:31	6	1:06:27	6	1:06:27