



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Martin, Alexandra

Club: TSV Prichsenstadt

Number: 584

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:06:38

Speed: 10.22 km/h

Running performance: 5:50 min/km

Rank in course/Total: 64 (of 119)

Rank in course/Women: 5 (of 12)

Best time in course: 3:46:38

Rank in category: 3(of 3)

Best time in the category: 3:46:38

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	17:23	5:20	3	2:19	4	2:19	3.25	17:23	5:20	3	2:19	4	2:19		
Lap 2	3.25	17:32	5:23	3	1:29	4	1:29	6.50	34:55	5:22	3	3:48	4	3:48		
Lap 3	3.25	17:38	5:25	3	1:11	4	1:11	9.75	52:33	5:23	3	4:59	4	4:59		
Lap 4	3.25	18:10	5:35	3	1:34	5	1:34	13.00	1:10:43	5:26	3	6:29	4	6:29		
Lap 5	3.25	18:18	5:37	3	1:30	5	1:30	16.25	1:29:01	5:28	3	7:54	5	7:54		
Lap 6	3.25	18:33	5:42	3	1:21	4	1:21	19.50	1:47:34	5:30	3	9:15	4	9:15		
Lap 7	3.25	18:47	5:46	3	1:20	5	1:20	22.75	2:06:21	5:33	3	10:24	4	10:24		
Lap 8	3.25	19:11	5:54	3	1:38	5	1:38	26.00	2:25:32	5:35	3	11:29	4	11:29		
Lap 9	3.25	20:46	6:23	3	2:59	7	2:59	29.25	2:46:18	5:41	3	14:03	5	14:03		
Lap 10	3.25	19:21	5:57	3	0:54	3	0:54	32.50	3:05:39	5:42	3	14:57	4	14:57		
Lap 11	3.25	19:50	6:06	3	0:56	4	0:56	35.75	3:25:29	5:44	3	15:40	5	15:40		
Lap 12	3.25	21:06	6:29	3	2:01	5	2:01	39.00	3:46:35	5:48	3	17:41	5	17:41		
Last lap Finish	3.25	20:03	6:10	3	2:19	4	2:19	42.25	4:06:38	5:50	3	20:00	5	20:00		