



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Zachow, Doris

Club: Lippehasen Dorsten

Number: 656

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:32:17

Speed: 9.26 km/h

Running performance: 6:26 min/km

Rank in course/Total: 94 (of 119)

Rank in course/Women: 8 (of 12)

Best time in course: 3:46:38

Rank in category: 2(of 2)

Best time in the category: 4:03:34

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	20:19	6:15	2	2:41	10	5:15	3.25	20:19	6:15	2	2:41	10	5:15		
Lap 2	3.25	20:38	6:20	2	3:46	11	4:35	6.50	40:57	6:18	2	6:27	12	9:50		
Lap 3	3.25	20:42	6:22	2	3:33	12	4:15	9.75	1:01:39	6:19	2	10:00	12	14:05		
Lap 4	3.25	21:34	6:38	2	4:06	10	4:58	13.00	1:23:13	6:24	2	14:06	12	18:59		
Lap 5	3.25	20:53	6:25	2	3:34	8	4:05	16.25	1:44:06	6:24	2	17:40	9	22:59		
Lap 6	3.25	20:59	6:27	2	3:12	8	3:47	19.50	2:05:05	6:24	2	20:52	9	26:46		
Lap 7	3.25	21:18	6:33	2	2:53	8	3:51	22.75	2:26:23	6:26	2	23:45	8	30:26		
Lap 8	3.25	20:56	6:26	2	2:03	8	3:23	26.00	2:47:19	6:26	2	25:48	8	33:16		
Lap 9	3.25	20:46	6:23	2	1:27	7	2:59	29.25	3:08:05	6:25	2	27:15	8	35:50		
Lap 10	3.25	21:28	6:36	2	2:04	7	3:01	32.50	3:29:33	6:26	2	29:19	8	38:51		
Lap 11	3.25	20:48	6:24	2	0:13	7	1:54	35.75	3:50:21	6:26	2	29:32	8	40:32		
Lap 12	3.25	21:19	6:33	2	0:11	7	2:14	39.00	4:11:40	6:27	2	29:43	8	42:46		
Last lap Finish	3.25	20:37	6:20	1	-	5	2:53	42.25	4:32:17	6:26	2	28:43	8	45:39		