



4. Erfurt Marathon

Erfurt / 19.08.2017

Detailed evaluation

EWERLING, Lena

Club: TSV Falkensee

Number: 7

Course: 42.30 km

Marathon Einrad

Category:

Frauen

Total time: 3:11:16

Speed: 13.18 km/h

Running performance: 4:31 min/km

Rank in course/Total: 8 (of 18)

Rank in course/Women: 3 (of 8)

Best time in course: 2:38:11

Rank in category: 3(of 8)

Best time in the category: 2:38:11

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 | 4.90 | 16:06 | 3:17 | 3 | 2:26 | 3 | 2:26 | 4.90 | 16:06 | 3:17 | 3 | 2:26 | 3 | 2:26 |
| Wechselstelle 1 | 5.40 | 19:06 | 3:32 | 3 | 3:06 | 3 | 3:06 | 10.30 | 35:12 | 3:25 | 3 | 5:09 | 3 | 5:09 |
| Wechselstelle 2 | 11.70 | 53:34 | 4:34 | 3 | 8:54 | 3 | 8:54 | 22.00 | 1:28:46 | 4:02 | 3 | 14:03 | 3 | 14:03 |
| Südlichster Punkt | 5.50 | 35:45 | 6:30 | 3 | 8:03 | 3 | 8:03 | 27.50 | 2:04:31 | 4:31 | 3 | 22:06 | 3 | 22:06 |
| Wechselstelle 3 | 4.00 | 22:11 | 5:32 | 3 | 5:04 | 3 | 5:04 | 31.50 | 2:26:42 | 4:39 | 3 | 27:10 | 3 | 27:10 |
| Erfurt | 10.70 | 44:34 | 4:09 | 3 | 5:55 | 3 | 5:55 | 42.30 | 3:11:16 | 4:31 | 3 | 33:05 | 3 | 33:05 |