



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

HEIN, Kerstin

Club: Sportshop-Triathlon Team

Number: 48

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:52:09

Speed: 11.77 km/h

Running performance: 4:56 min/km

Rank in course/Total: 32 (of 149)

Rank in course/Women: 3 (of 35)

Best time in course: 1:49:12

Rank in category: 1(of 4)

Best time in the category: 1:52:09

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	15:08	4:39	1	-	3	0:41	3.25	15:08	4:39	1	-	3	0:41
Lap 2	3.25	15:13	4:40	1	-	2	0:25	6.50	30:21	4:40	1	-	2	1:06
Lap 3	3.25	16:07	4:57	1	-	3	0:50	9.75	46:28	4:45	1	-	2	1:56
Lap 4	3.25	16:15	5:00	1	-	3	0:35	13.00	1:02:43	4:49	1	-	3	2:31
Lap 5	3.25	16:33	5:05	1	-	3	0:28	16.25	1:19:16	4:52	1	-	3	2:59
Lap 6	3.25	16:30	5:04	1	-	3	0:40	19.50	1:35:46	4:54	1	-	3	3:16
Last lap Finish	3.25	16:23	5:02	1	-	2	0:26	22.75	1:52:09	4:55	1	-	3	2:57