



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MARZIAN, Manuela

Club: Linnich

Number: 268

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:12:03

Speed: 10.00 km/h

Running performance: 5:48 min/km

Rank in course/Total: 77 (of 149)

Rank in course/Women: 11 (of 35)

Best time in course: 1:49:12

Rank in category: 4(of 10)

Best time in the category: 1:58:21

Intermediate times

Stage score

Total ranking

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	17:20	5:19	4	1:26	13	2:53	3.25	17:20	5:19	4	1:26	13	2:53
Lap 2	3.25	18:10	5:35	3	1:36	11	3:22	6.50	35:30	5:27	4	3:02	12	6:15
Lap 3	3.25	18:58	5:50	5	1:50	13	3:41	9.75	54:28	5:35	4	4:52	12	9:56
Lap 4	3.25	19:17	5:56	4	2:21	11	3:37	13.00	1:13:45	5:40	5	7:13	12	13:33
Lap 5	3.25	19:48	6:05	4	2:27	13	3:43	16.25	1:33:33	5:45	5	9:40	12	17:16
Lap 6	3.25	19:41	6:03	4	2:13	11	3:51	19.50	1:53:14	5:48	4	11:53	11	20:44
Last lap Finish	3.25	18:49	5:47	3	1:49	9	2:52	22.75	2:12:03	5:48	4	13:42	11	22:51