



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

MEYER, Sabine

Club: Team Harzer Keiler e.v

Number: 276

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:32:55

Speed: 8.63 km/h

Running performance: 6:43 min/km

Rank in course/Total: 122 (of 149)

Rank in course/Women: 24 (of 35)

Best time in course: 1:49:12

Rank in category: 4(of 4)

Best time in the category: 1:52:09

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	18:58	5:50	4	3:50	19	4:31	3.25	18:58	5:50	4	3:50	19	4:31
Lap 2	3.25	20:36	6:20	4	5:23	23	5:48	6.50	39:34	6:05	4	9:13	20	10:19
Lap 3	3.25	22:11	6:49	4	6:04	29	6:54	9.75	1:01:45	6:19	4	15:17	23	17:13
Lap 4	3.25	23:04	7:05	4	6:49	29	7:24	13.00	1:24:49	6:31	4	22:06	25	24:37
Lap 5	3.25	23:45	7:18	4	7:12	29	7:40	16.25	1:48:34	6:40	4	29:18	27	32:17
Lap 6	3.25	22:42	6:59	3	6:12	22	6:52	19.50	2:11:16	6:43	4	35:30	26	38:46
Last lap Finish	3.25	21:39	6:39	3	5:16	17	5:42	22.75	2:32:55	6:43	4	40:46	24	43:43