



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

BEERNAERT, Veerle

Club: Bissegem

Number: 8

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 3:59:24

Speed: 10.53 km/h

Running performance: 5:40 min/km

Rank in course/Total: 56 (of 110)

Rank in course/Women: 4 (of 10)

Best time in course: 3:41:35

Rank in category: 1(of 2)

Best time in the category: 3:59:24

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	17:56	5:31	1	-	5	2:59	3.25	17:56	5:31	1	-	5	2:59
Lap 2	3.25	18:33	5:42	1	-	5	2:36	6.50	36:29	5:36	1	-	5	5:35
Lap 3	3.25	19:06	5:52	2	0:26	6	2:40	9.75	55:35	5:42	1	-	5	8:15
Lap 4	3.25	18:51	5:48	2	0:14	5	2:26	13.00	1:14:26	5:43	1	-	5	10:01
Lap 5	3.25	18:29	5:41	2	0:23	5	1:54	16.25	1:32:55	5:43	1	-	5	11:09
Lap 6	3.25	18:27	5:40	2	0:28	4	1:40	19.50	1:51:22	5:42	1	-	4	11:32
Lap 7	3.25	18:35	5:43	2	0:40	5	1:45	22.75	2:09:57	5:42	2	0:04	5	13:17
Lap 8	3.25	18:06	5:34	1	-	3	1:06	26.00	2:28:03	5:41	1	-	4	14:23
Lap 9	3.25	18:04	5:33	1	-	3	1:06	29.25	2:46:07	5:40	1	-	4	15:12
Lap 10	3.25	18:29	5:41	1	-	3	1:11	32.50	3:04:36	5:40	1	-	4	16:23
Lap 11	3.25	18:26	5:40	1	-	3	1:02	35.75	3:23:02	5:40	1	-	4	17:25
Lap 12	3.25	18:36	5:43	1	-	3	0:24	39.00	3:41:38	5:40	1	-	4	17:49
Last lap Finish	3.25	17:46	5:28	1	-	2	0:16	42.25	3:59:24	5:39	1	-	4	17:49