



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

RICHTER, Monique

Club: Glashütten

Number: 110

Course: 42.25 km

Marathon

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 4:24:09

Speed: 9.54 km/h

Running performance: 6:15 min/km

Rank in course/Total: 80 (of 110)

Rank in course/Women: 6 (of 10)

Best time in course: 3:41:35

Rank in category: 3(of 3)

Best time in the category: 3:41:35

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	18:01	5:32	3	1:20	6	3:04	3.25	18:01	5:32	3	1:20	6	3:04
Lap 2	3.25	17:41	5:26	3	1:06	4	1:44	6.50	35:42	5:29	3	2:13	4	4:48
Lap 3	3.25	18:06	5:34	3	1:32	4	1:40	9.75	53:48	5:31	3	3:45	4	6:28
Lap 4	3.25	18:53	5:48	3	2:28	6	2:28	13.00	1:12:41	5:35	3	6:13	4	8:16
Lap 5	3.25	19:18	5:56	3	2:43	6	2:43	16.25	1:31:59	5:39	3	8:56	4	10:13
Lap 6	3.25	20:18	6:14	3	3:31	6	3:31	19.50	1:52:17	5:45	3	12:27	6	12:27
Lap 7	3.25	21:16	6:32	3	4:26	6	4:26	22.75	2:13:33	5:52	3	16:53	6	16:53
Lap 8	3.25	20:25	6:16	3	3:25	6	3:25	26.00	2:33:58	5:55	3	20:18	6	20:18
Lap 9	3.25	21:20	6:33	3	4:05	6	4:22	29.25	2:55:18	5:59	3	24:23	6	24:23
Lap 10	3.25	22:56	7:03	3	5:38	6	5:38	32.50	3:18:14	6:05	3	30:01	6	30:01
Lap 11	3.25	21:35	6:38	3	4:11	6	4:11	35.75	3:39:49	6:08	3	34:12	6	34:12
Lap 12	3.25	21:22	6:34	3	3:10	6	3:10	39.00	4:01:11	6:11	3	37:22	6	37:22
Last lap Finish	3.25	22:58	7:03	3	5:12	6	5:28	42.25	4:24:09	6:15	3	42:34	6	42:34