



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

TRICK-RÖMER, Stephanie

Club: CRAZY RUNNERS TEAM FRANKENWALD

Number: 134

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:43:58

Speed: 8.87 km/h

Running performance: 6:43 min/km

Rank in course/Total: 97 (of 110)

Rank in course/Women: 7 (of 10)

Best time in course: 3:41:35

Rank in category: 1(of 1)

Best time in the category: 4:43:58

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	19:03	5:51	1	-	7	4:06	3.25	19:03	5:51	1	-	7	4:06
Lap 2	3.25	20:14	6:13	1	-	8	4:17	6.50	39:17	6:02	1	-	8	8:23
Lap 3	3.25	20:08	6:11	1	-	8	3:42	9.75	59:25	6:05	1	-	8	12:05
Lap 4	3.25	20:42	6:22	1	-	8	4:17	13.00	1:20:07	6:09	1	-	8	15:42
Lap 5	3.25	21:05	6:29	1	-	8	4:30	16.25	1:41:12	6:13	1	-	8	19:26
Lap 6	3.25	20:57	6:26	1	-	8	4:10	19.50	2:02:09	6:15	1	-	8	22:19
Lap 7	3.25	21:16	6:32	1	-	6	4:26	22.75	2:23:25	6:18	1	-	7	26:45
Lap 8	3.25	22:21	6:52	1	-	7	5:21	26.00	2:45:46	6:22	1	-	7	32:06
Lap 9	3.25	23:43	7:17	1	-	7	6:45	29.25	3:09:29	6:28	1	-	7	38:34
Lap 10	3.25	23:37	7:15	1	-	7	6:19	32.50	3:33:06	6:33	1	-	7	44:53
Lap 11	3.25	23:31	7:14	1	-	7	6:07	35.75	3:56:37	6:37	1	-	7	51:00
Lap 12	3.25	24:00	7:23	1	-	7	5:48	39.00	4:20:37	6:40	1	-	7	56:48
Last lap Finish	3.25	23:21	7:11	1	-	7	5:51	42.25	4:43:58	6:43	1	-	7	1:02:23