



11. Kristall-Marathon

Merkers / 12.02.2017

Detailed evaluation

JASPER, Daniela

Club: Lienen

Number: 60

Course: 42.25 km

Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 5:12:05

Speed: 8.07 km/h

Running performance: 7:23 min/km

Rank in course/Total: 105 (of 110)

Rank in course/Women: 9 (of 10)

Best time in course: 3:41:35

Rank in category: 1(of 1)

Best time in the category: 5:12:05

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	20:53	6:25	1	-	9	5:56	3.25	20:53	6:25	1	-	9	5:56
Lap 2	3.25	21:40	6:40	1	-	9	5:43	6.50	42:33	6:32	1	-	9	11:39
Lap 3	3.25	21:41	6:40	1	-	9	5:15	9.75	1:04:14	6:35	1	-	9	16:54
Lap 4	3.25	22:24	6:53	1	-	9	5:59	13.00	1:26:38	6:39	1	-	9	22:13
Lap 5	3.25	22:54	7:02	1	-	9	6:19	16.25	1:49:32	6:44	1	-	9	27:46
Lap 6	3.25	23:14	7:08	1	-	9	6:27	19.50	2:12:46	6:48	1	-	9	32:56
Lap 7	3.25	23:26	7:12	1	-	8	6:36	22.75	2:36:12	6:51	1	-	8	39:32
Lap 8	3.25	24:15	7:27	1	-	8	7:15	26.00	3:00:27	6:56	1	-	8	46:47
Lap 9	3.25	25:37	7:52	1	-	9	8:39	29.25	3:26:04	7:02	1	-	8	55:09
Lap 10	3.25	26:29	8:08	1	-	9	9:11	32.50	3:52:33	7:09	1	-	8	1:04:20
Lap 11	3.25	26:59	8:18	1	-	9	9:35	35.75	4:19:32	7:15	1	-	9	1:13:55
Lap 12	3.25	27:01	8:18	1	-	9	8:49	39.00	4:46:33	7:20	1	-	9	1:22:44
Last lap Finish	3.25	25:32	7:51	1	-	9	8:02	42.25	5:12:05	7:23	1	-	9	1:30:30