



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

EPPINGER, Nancy

Club: Team ACTREME

Number: 350

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 2:10:14

Speed: 10.14 km/h

Running performance: 5:43 min/km

Rank in course/Total: 131 (of 261)

Rank in course/Women: 14 (of 46)

Best time in course: 1:46:29

Rank in category: 3(of 6)

Best time in the category: 1:50:18

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 | 16:46 | 5:09 | 3 | 1:23 | 11 | 3:35 | 3.25 | 16:46 | 5:09 | 3 | 1:23 | 11 | 3:35 |
| Lap 2 | 3.25 | 17:29 | 5:22 | 3 | 2:02 | 12 | 3:17 | 6.50 | 34:15 | 5:16 | 3 | 3:25 | 11 | 6:52 |
| Lap 3 | 3.25 | 18:22 | 5:39 | 3 | 2:45 | 15 | 3:29 | 9.75 | 52:37 | 5:23 | 3 | 6:10 | 13 | 10:21 |
| Lap 4 | 3.25 | 19:05 | 5:52 | 3 | 3:33 | 15 | 3:49 | 13.00 | 1:11:42 | 5:30 | 3 | 9:43 | 14 | 14:10 |
| Lap 5 | 3.25 | 19:07 | 5:52 | 3 | 3:22 | 15 | 3:22 | 16.25 | 1:30:49 | 5:35 | 3 | 13:05 | 14 | 17:24 |
| Lap 6 | 3.25 | 19:08 | 5:53 | 3 | 3:01 | 14 | 3:01 | 19.50 | 1:49:57 | 5:38 | 3 | 16:06 | 14 | 19:53 |
| Last lap Finish | 3.25 | 20:17 | 6:14 | 3 | 3:50 | 17 | 4:42 | 22.75 | 2:10:14 | 5:43 | 3 | 19:56 | 14 | 23:45 |