



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: 10.48 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