



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

WORLICZEK, Sandra

Club: SV Marathon Windhagen

Number: 563

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 2:23:26

Speed: 9.20 km/h

Running performance: 6:18 min/km

Rank in course/Total: 181 (of 261)

Rank in course/Women: 20 (of 46)

Best time in course: 1:46:29

Rank in category: 4(of 6)

Best time in the category: 1:59:53

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	17:52	5:29	4	2:17	16	4:41	3.25	17:52	5:29	4	2:17	16	4:41
Lap 2	3.25	19:33	6:00	4	3:17	20	5:21	6.50	37:25	5:45	4	5:15	17	10:02
Lap 3	3.25	20:09	6:11	4	3:10	22	5:16	9.75	57:34	5:54	4	8:25	18	15:18
Lap 4	3.25	20:46	6:23	4	3:19	22	5:30	13.00	1:18:20	6:01	4	11:31	20	20:48
Lap 5	3.25	21:28	6:36	4	3:45	24	5:43	16.25	1:39:48	6:08	4	15:16	20	26:23
Lap 6	3.25	21:43	6:40	4	3:49	25	5:36	19.50	2:01:31	6:13	4	19:05	20	31:27
Last lap Finish	3.25	21:55	6:44	4	4:28	24	6:20	22.75	2:23:26	6:18	4	23:33	20	36:57