



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

KEßLER, Claudia

Club: Laufjunkies

Number: 687

Course: 42.25 km

Marathon

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 4:26:22

Speed: 9.46 km/h

Running performance: 6:18 min/km

Rank in course/Total: 107 (of 168)

Rank in course/Women: 11 (of 24)

Best time in course: 3:38:45

Rank in category: 2(of 4)

Best time in the category: 4:13:10

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	18:17	5:37	2	1:38	13	3:25	3.25	18:17	5:37	2	1:38	13	3:25
Lap 2	3.25	18:36	5:43	2	1:52	13	3:13	6.50	36:53	5:40	2	3:30	13	6:38
Lap 3	3.25	18:17	5:37	2	0:11	10	2:43	9.75	55:10	5:39	2	3:41	12	9:21
Lap 4	3.25	18:49	5:47	2	0:19	11	2:49	13.00	1:13:59	5:41	2	4:00	11	12:10
Lap 5	3.25	18:35	5:43	2	0:12	8	2:39	16.25	1:32:34	5:41	2	4:12	10	14:18
Lap 6	3.25	19:16	5:55	1	-	9	2:38	19.50	1:51:50	5:44	2	4:12	10	16:40
Lap 7	3.25	19:59	6:08	1	-	10	3:25	22.75	2:11:49	5:47	2	4:11	11	20:05
Lap 8	3.25	22:05	6:47	3	2:15	13	5:25	26.00	2:33:54	5:55	2	6:26	11	25:30
Lap 9	3.25	22:20	6:52	3	1:31	14	5:39	29.25	2:56:14	6:01	2	7:57	11	30:37
Lap 10	3.25	22:47	7:00	2	1:33	12	6:10	32.50	3:19:01	6:07	2	9:30	11	35:21
Lap 11	3.25	22:34	6:56	2	1:07	12	5:07	35.75	3:41:35	6:11	2	10:37	11	38:39
Lap 12	3.25	22:38	6:57	2	1:23	12	4:23	39.00	4:04:13	6:15	2	12:00	11	42:30
Last lap Finish	3.25	22:09	6:48	2	1:12	13	5:07	42.25	4:26:22	6:18	2	13:12	11	47:37