



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

HENCKE, Heike

Club: Team ERDINGER Alkoholfrei
Number: 667

Course: 42.25 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:44:05

Speed: 8.87 km/h
Running performance: 6:43 min/km

Rank in course/Total: 130 (of 168)

Rank in course/Women: 15 (of 24)

Best time in course: 3:38:45

Rank in category: 3(of 6)

Best time in the category: 4:11:42

Intermediate times				Stage score				Total ranking						
Control	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	20:51	6:24	6	3:40	24	5:59	3.25	20:51	6:24	6	3:40	24	5:59
Lap 2	3.25	20:19	6:15	5	2:30	16	4:56	6.50	41:10	6:19	6	6:04	22	10:55
Lap 3	3.25	20:29	6:18	6	2:44	17	4:55	9.75	1:01:39	6:19	6	8:46	18	15:50
Lap 4	3.25	20:27	6:17	4	2:15	15	4:27	13.00	1:22:06	6:18	6	10:50	18	20:17
Lap 5	3.25	20:40	6:21	4	2:05	14	4:44	16.25	1:42:46	6:19	6	12:55	19	24:30
Lap 6	3.25	21:32	6:37	4	2:33	16	4:54	19.50	2:04:18	6:22	6	15:28	19	29:08
Lap 7	3.25	21:30	6:36	3	2:08	14	4:56	22.75	2:25:48	6:24	5	17:36	17	34:04
Lap 8	3.25	22:33	6:56	3	2:47	16	5:53	26.00	2:48:21	6:28	5	20:23	17	39:57
Lap 9	3.25	21:54	6:44	2	1:36	9	5:13	29.25	3:10:15	6:30	3	21:59	15	44:38
Lap 10	3.25	22:56	7:03	2	1:59	13	6:19	32.50	3:33:11	6:33	3	23:58	14	49:31
Lap 11	3.25	23:29	7:13	4	2:33	16	6:02	35.75	3:56:40	6:37	3	26:31	14	53:44
Lap 12	3.25	24:37	7:34	4	3:34	17	6:22	39.00	4:21:17	6:41	3	30:05	15	59:34
Last lap Finish	3.25	22:48	7:00	4	2:18	16	5:46	42.25	4:44:05	6:43	3	32:23	15	1:05:20