



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

BEIDL, Sonja

Club: SSC Hanau-Rodenbach

Number: 609

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:47:16

Speed: 8.77 km/h

Running performance: 6:48 min/km

Rank in course/Total: 135 (of 168)

Rank in course/Women: 17 (of 24)

Best time in course: 3:38:45

Rank in category: 4(of 6)

Best time in the category: 4:11:42

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	19:54	6:07	5	2:43	17	5:02	3.25	19:54	6:07	5	2:43	17	5:02
Lap 2	3.25	20:50	6:24	6	3:01	19	5:27	6.50	40:44	6:15	5	5:38	18	10:29
Lap 3	3.25	20:19	6:15	5	2:34	16	4:45	9.75	1:01:03	6:15	5	8:10	16	15:14
Lap 4	3.25	20:59	6:27	5	2:47	18	4:59	13.00	1:22:02	6:18	5	10:46	17	20:13
Lap 5	3.25	20:32	6:19	3	1:57	13	4:36	16.25	1:42:34	6:18	5	12:43	16	24:18
Lap 6	3.25	21:01	6:28	3	2:02	14	4:23	19.50	2:03:35	6:20	5	14:45	17	28:25
Lap 7	3.25	22:03	6:47	4	2:41	17	5:29	22.75	2:25:38	6:24	4	17:26	16	33:54
Lap 8	3.25	22:33	6:56	3	2:47	16	5:53	26.00	2:48:11	6:28	4	20:13	16	39:47
Lap 9	3.25	22:33	6:56	4	2:15	15	5:52	29.25	3:10:44	6:31	4	22:28	16	45:07
Lap 10	3.25	24:19	7:28	4	3:22	18	7:42	32.50	3:35:03	6:37	4	25:50	16	51:23
Lap 11	3.25	22:54	7:02	2	1:58	14	5:27	35.75	3:57:57	6:39	4	27:48	15	55:01
Lap 12	3.25	24:45	7:36	5	3:42	18	6:30	39.00	4:22:42	6:44	4	31:30	16	1:00:59
Last lap Finish	3.25	24:34	7:33	5	4:04	19	7:32	42.25	4:47:16	6:47	4	35:34	17	1:08:31