



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

SPECHT, Simone

Club: laufSinn Laufteam

Number: 794

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:50:36

Speed: 8.72 km/h

Running performance: 6:53 min/km

Rank in course/Total: 138 (of 168)

Rank in course/Women: 19 (of 24)

Best time in course: 3:38:45

Rank in category: 5(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	19:01	5:51	4	1:50	14	4:09	3.25	19:01	5:51	4	1:50	14	4:09
Lap 2	3.25	18:59	5:50	4	1:10	14	3:36	6.50	38:00	5:50	4	2:54	14	7:45
Lap 3	3.25	19:51	6:06	4	2:06	15	4:17	9.75	57:51	5:56	4	4:58	14	12:02
Lap 4	3.25	21:02	6:28	6	2:50	19	5:02	13.00	1:18:53	6:04	4	7:37	14	17:04
Lap 5	3.25	20:58	6:27	5	2:23	17	5:02	16.25	1:39:51	6:08	4	10:00	15	21:35
Lap 6	3.25	21:37	6:39	5	2:38	17	4:59	19.50	2:01:28	6:13	4	12:38	15	26:18
Lap 7	3.25	22:36	6:57	5	3:14	20	6:02	22.75	2:24:04	6:19	3	15:52	15	32:20
Lap 8	3.25	23:41	7:17	5	3:55	21	7:01	26.00	2:47:45	6:27	3	19:47	15	39:21
Lap 9	3.25	24:30	7:32	5	4:12	20	7:49	29.25	3:12:15	6:34	5	23:59	17	46:38
Lap 10	3.25	26:12	8:03	5	5:15	22	9:35	32.50	3:38:27	6:43	5	29:14	19	54:47
Lap 11	3.25	26:15	8:04	5	5:19	22	8:48	35.75	4:04:42	6:50	5	34:33	21	1:01:46
Lap 12	3.25	23:54	7:21	3	2:51	14	5:39	39.00	4:28:36	6:53	5	37:24	20	1:06:53
Last lap Finish	3.25	22:00	6:46	2	1:30	12	4:58	42.25	4:50:36	6:52	5	38:54	19	1:11:51