



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Friis, Lone

Club: Klub 100 Marathon

Number: 653

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:22:40

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 119 (of 193)

Rank in course/Women: 14 (of 32)

Best time in course: 3:42:42

Rank in category: 3(of 3)

Best time in the category: 3:58:14

Intermediate times

Stage score

Total ranking

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	19:20	5:56	3	2:41	18	4:57	3.25	19:20	5:56	3	2:41	18	4:57
Lap 2	3.25	19:26	5:58	3	1:48	19	3:36	6.50	38:46	5:57	3	4:24	18	8:33
Lap 3	3.25	19:22	5:57	3	1:49	17	3:19	9.75	58:08	5:57	3	5:43	18	11:52
Lap 4	3.25	19:47	6:05	3	2:12	18	3:21	13.00	1:17:55	5:59	3	6:59	17	14:52
Lap 5	3.25	19:38	6:02	3	1:54	16	3:03	16.25	1:37:33	6:00	3	8:18	18	16:38
Lap 6	3.25	19:45	6:04	3	1:54	15	2:55	19.50	1:57:18	6:00	3	10:12	17	19:06
Lap 7	3.25	19:43	6:03	3	1:43	15	2:48	22.75	2:17:01	6:01	3	11:55	17	21:54
Lap 8	3.25	20:48	6:24	3	2:19	17	3:30	26.00	2:37:49	6:04	3	14:14	17	25:24
Lap 9	3.25	20:56	6:26	3	2:26	14	3:14	29.25	2:58:45	6:06	3	16:40	17	28:38
Lap 10	3.25	21:10	6:30	3	2:21	17	3:09	32.50	3:19:55	6:09	3	19:01	14	31:47
Lap 11	3.25	21:10	6:30	3	2:24	16	3:27	35.75	3:41:05	6:11	3	21:25	14	34:46
Lap 12	3.25	21:01	6:28	3	2:08	15	3:23	39.00	4:02:06	6:12	3	23:33	14	37:26
Last lap Finish	3.25	20:34	6:19	3	2:45	15	3:19	42.25	4:22:40	6:13	3	24:26	14	39:58