



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Jensen, Heidi

Club: Odsherred Løberne

Number: 691

Course: 42.25 km

Marathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 4:29:06

Speed: 9.36 km/h

Running performance: 6:22 min/km

Rank in course/Total: 134 (of 193)

Rank in course/Women: 17 (of 32)

Best time in course: 3:42:42

Rank in category: 2(of 2)

Best time in the category: 4:27:44

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	18:29	5:41	1	-	13	4:06	3.25	18:29	5:41	1	-	13	4:06
Lap 2	3.25	18:46	5:46	1	-	15	2:56	6.50	37:15	5:43	1	-	14	7:02
Lap 3	3.25	19:27	5:59	1	-	18	3:24	9.75	56:42	5:48	1	-	16	10:26
Lap 4	3.25	19:29	5:59	1	-	17	3:03	13.00	1:16:11	5:51	1	-	16	13:08
Lap 5	3.25	19:26	5:58	1	-	15	2:51	16.25	1:35:37	5:53	1	-	16	14:42
Lap 6	3.25	20:02	6:09	1	-	16	3:12	19.50	1:55:39	5:55	1	-	16	17:27
Lap 7	3.25	21:58	6:45	2	2:33	25	5:03	22.75	2:17:37	6:02	1	-	18	22:30
Lap 8	3.25	20:48	6:24	2	1:27	17	3:30	26.00	2:38:25	6:05	1	-	18	26:00
Lap 9	3.25	21:15	6:32	2	0:10	17	3:33	29.25	2:59:40	6:08	1	-	18	29:33
Lap 10	3.25	22:53	7:02	2	2:38	22	4:52	32.50	3:22:33	6:13	1	-	17	34:25
Lap 11	3.25	22:03	6:47	2	1:31	19	4:20	35.75	3:44:36	6:16	1	-	16	38:17
Lap 12	3.25	22:30	6:55	2	1:45	19	4:52	39.00	4:07:06	6:20	2	0:31	17	42:26
Last lap Finish	3.25	22:00	6:46	2	0:51	17	4:45	42.25	4:29:06	6:22	2	1:22	17	46:24