



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Jeppesen, Winni

Club: Klub 100 ½ marathon Danmark
Number: 692

Course: 42.25 km
Marathon

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 4:14:01

Speed: 9.92 km/h
Running performance: 6:01 min/km

Rank in course/Total: 84 (of 185)

Rank in course/Women: 7 (of 24)

Best time in course: 3:31:50

Rank in category: 3(of 7)

Best time in the category: 3:31:50

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	19:06	5:52	3	3:36	8	3:36	3.25	19:06	5:52	3	3:36	8	3:36
Lap 2	3.25	18:43	5:45	3	2:46	8	2:53	6.50	37:49	5:49	3	6:22	8	6:27
Lap 3	3.25	18:27	5:40	3	2:08	7	2:26	9.75	56:16	5:46	3	8:26	8	8:53
Lap 4	3.25	18:40	5:44	3	2:10	7	2:11	13.00	1:14:56	5:45	3	10:36	8	11:04
Lap 5	3.25	18:34	5:42	3	2:21	6	2:26	16.25	1:33:30	5:45	3	12:57	7	13:30
Lap 6	3.25	18:38	5:44	3	2:16	6	2:16	19.50	1:52:08	5:45	3	15:13	7	15:30
Lap 7	3.25	18:59	5:50	3	2:40	6	2:40	22.75	2:11:07	5:45	3	17:53	7	17:53
Lap 8	3.25	19:34	6:01	3	3:03	6	3:03	26.00	2:30:41	5:47	3	20:56	7	20:56
Lap 9	3.25	20:19	6:15	3	4:15	7	4:15	29.25	2:51:00	5:50	3	25:11	7	25:11
Lap 10	3.25	20:49	6:24	3	4:22	7	4:22	32.50	3:11:49	5:54	3	29:33	7	29:33
Lap 11	3.25	20:41	6:21	3	3:55	7	3:55	35.75	3:32:30	5:56	3	33:28	7	33:28
Lap 12	3.25	20:32	6:19	3	3:51	6	3:51	39.00	3:53:02	5:58	3	37:19	7	37:19
Last lap Finish	3.25	20:59	6:27	3	4:52	7	4:52	42.25	4:14:01	6:00	3	42:11	7	42:11