



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Wiesner, Conny

Club: 100 Marathon Club

Number: 830

Course: 42.25 km

Marathon

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 4:35:25

Speed: 9.15 km/h

Running performance: 6:31 min/km

Rank in course/Total: 122 (of 185)

Rank in course/Women: 10 (of 24)

Best time in course: 3:31:50

Rank in category: 3(of 3)

Best time in the category: 4:11:54

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	20:11	6:12	3	3:10	9	4:41	3.25	20:11	6:12	3	3:10	9	4:41
Lap 2	3.25	19:33	6:00	3	1:30	10	3:43	6.50	39:44	6:06	3	4:40	9	8:22
Lap 3	3.25	20:51	6:24	3	2:47	11	4:50	9.75	1:00:35	6:12	3	7:27	10	13:12
Lap 4	3.25	20:41	6:21	3	2:30	12	4:12	13.00	1:21:16	6:15	3	9:57	11	17:24
Lap 5	3.25	21:22	6:34	3	2:59	15	5:14	16.25	1:42:38	6:18	3	12:56	12	22:38
Lap 6	3.25	21:32	6:37	3	2:29	15	5:10	19.50	2:04:10	6:22	3	15:25	12	27:32
Lap 7	3.25	21:21	6:34	3	2:02	12	5:02	22.75	2:25:31	6:23	3	17:27	12	32:17
Lap 8	3.25	21:22	6:34	3	1:41	10	4:51	26.00	2:46:53	6:25	3	18:48	12	37:08
Lap 9	3.25	21:52	6:43	3	1:40	12	5:48	29.25	3:08:45	6:27	3	20:16	11	42:56
Lap 10	3.25	21:37	6:39	3	0:55	9	5:10	32.50	3:30:22	6:28	3	21:11	11	48:06
Lap 11	3.25	22:38	6:57	2	2:12	12	5:52	35.75	3:53:00	6:31	3	23:23	10	53:58
Lap 12	3.25	21:55	6:44	2	0:49	9	5:14	39.00	4:14:55	6:32	3	24:12	10	59:12
Last lap Finish	3.25	20:30	6:18	1	-	6	4:23	42.25	4:35:25	6:31	3	23:31	10	1:03:35