



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Poulsen, Charlotte

Club: Klub 100 Marathon Danmark

Number: 755

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 4:41:50

Speed: 8.94 km/h

Running performance: 6:40 min/km

Rank in course/Total: 138 (of 185)

Rank in course/Women: 12 (of 24)

Best time in course: 3:31:50

Rank in category: 2(of 5)

Best time in the category: 4:01:13

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	20:49	6:24	2	3:16	11	5:19	3.25	20:49	6:24	2	3:16	11	5:19
Lap 2	3.25	20:37	6:20	2	2:42	14	4:47	6.50	41:26	6:22	2	5:58	13	10:04
Lap 3	3.25	20:52	6:25	2	2:54	12	4:51	9.75	1:02:18	6:23	2	8:52	13	14:55
Lap 4	3.25	22:09	6:48	2	3:57	17	5:40	13.00	1:24:27	6:29	2	12:49	14	20:35
Lap 5	3.25	21:21	6:34	2	1:19	14	5:13	16.25	1:45:48	6:30	2	14:08	14	25:48
Lap 6	3.25	21:20	6:33	2	2:52	14	4:58	19.50	2:07:08	6:31	2	17:00	14	30:30
Lap 7	3.25	22:26	6:54	2	4:08	17	6:07	22.75	2:29:34	6:34	2	21:08	15	36:20
Lap 8	3.25	21:53	6:44	2	3:29	14	5:22	26.00	2:51:27	6:35	2	24:37	15	41:42
Lap 9	3.25	21:50	6:43	2	2:29	11	5:46	29.25	3:13:17	6:36	2	27:06	14	47:28
Lap 10	3.25	22:26	6:54	2	4:22	13	5:59	32.50	3:35:43	6:38	2	31:28	15	53:27
Lap 11	3.25	22:06	6:48	2	2:57	10	5:20	35.75	3:57:49	6:39	2	34:25	14	58:47
Lap 12	3.25	22:17	6:51	2	3:02	10	5:36	39.00	4:20:06	6:40	2	37:27	13	1:04:23
Last lap Finish	3.25	21:44	6:41	2	3:10	10	5:37	42.25	4:41:50	6:40	2	40:37	12	1:10:00