



# TALLINNA MARATON

## NINA LAUWAERT

#  
12  
NR

 BEL  
RIIK

 BRÜSSEL  
ELUKOHT

 N  
VKL

21,1 km  
**18. koht**  
01:12:23

Vkl - N - 3. koht / Naised - 3. koht

| KOHT | NAISED | VKL | TULEMUS  | KAOTUS   | NETOAEG  | DISTANTS  | KESKMINE TEMPO | KESKMINE KIIRUS |
|------|--------|-----|----------|----------|----------|-----------|----------------|-----------------|
| 18   | (3)    | (3) | 01:12:23 | 00:11:54 | 01:12:23 | 21.100 km | 03:26 min/km   | 17.49 km/h      |

| VAHEPUNKT | DISTANTS  | KOHT | TULEMUS  | KAOTUS   | KELLAAEG | SPLIT    | MIN/KM | KM/H  |
|-----------|-----------|------|----------|----------|----------|----------|--------|-------|
| Start     |           | 8    | 00:00:00 | 00:00:00 | 10:15:00 | 00:00:00 |        |       |
| 5 km      | 5.000 km  | 27   | 00:17:02 | 00:03:16 | 10:32:01 | 00:17:02 | 03:25  | 17.63 |
| 10 km     | 10.000 km | 22   | 00:34:22 | 00:06:16 | 10:49:21 | 00:17:21 | 03:29  | 17.31 |
| 14 km     | 13.900 km | 20   | 00:47:55 | 00:08:32 | 11:02:54 | 00:13:33 | 03:29  | 17.27 |
| 18.9 km   | 18.900 km | 18   | 01:05:04 | 00:11:02 | 11:20:04 | 00:17:10 | 03:26  | 17.48 |
| 20 km     | 20.000 km | 18   | 01:08:48 | 00:11:30 | 11:23:48 | 00:03:44 | 03:24  | 17.73 |
| 21,1 km   | 21.100 km | 18   | 01:12:23 | 00:11:54 | 11:27:22 | 00:03:35 | 03:16  | 18.44 |

# jooks.ee



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