



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Jäger, Nicole

Club: 100 Marathon Club

Number: 92

Course: 40.95 km

Marathon

Category:

Frauen W35

Total time: 4:28:04

Speed: 8.95 km/h

Running performance: 6:33 min/km

Rank in course/Total: 57 (of 78)

Rank in course/Women: 2 (of 4)

Best time in course: 4:01:04

Rank in category: 1(of 1)

Best time in the category: 4:28:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	3.15	17:21	5:30	1	-	2	0:02	3.15	17:21	5:30	1	-	2	0:02
Lap 2	3.15	17:25	5:31	1	-	2	0:10	6.30	34:46	5:31	1	-	2	0:12
Lap 3	3.15	17:50	5:39	1	-	2	0:27	9.45	52:36	5:33	1	-	2	0:39
Lap 4	3.15	18:21	5:49	1	-	2	0:55	12.60	1:10:57	5:37	1	-	2	1:34
Lap 5	3.15	18:55	6:00	1	-	2	0:59	15.75	1:29:52	5:42	1	-	2	2:33
Lap 6	3.15	19:34	6:12	1	-	2	1:28	18.90	1:49:26	5:47	1	-	2	4:01
Lap 7	3.15	20:02	6:21	1	-	2	1:32	22.05	2:09:28	5:52	1	-	2	5:33
Lap 8	3.15	21:18	6:45	1	-	2	2:26	25.20	2:30:46	5:58	1	-	2	7:59
Lap 9	3.15	22:47	7:13	1	-	3	3:28	28.35	2:53:33	6:07	1	-	2	11:27
Lap 10	3.15	23:28	7:26	1	-	3	4:16	31.50	3:17:01	6:15	1	-	2	15:43
Lap 11	3.15	24:09	7:39	1	-	4	4:03	34.65	3:41:10	6:22	1	-	2	19:46
Lap 12	3.15	23:49	7:33	1	-	3	4:09	37.80	4:04:59	6:28	1	-	2	23:55
Last lap Finish	3.15	23:05	7:19	1	-	3	3:05	40.95	4:28:04	6:32	1	-	2	27:00