



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Kaltwasser, Cornelia

Club: Rennsteiglauf Weilheim

Number: 2

Course: 40.95 km

Marathon

Category:

Frauen W40

Total time: 4:35:55

Speed: 8.70 km/h

Running performance: 6:44 min/km

Rank in course/Total: 60 (of 78)

Rank in course/Women: 3 (of 4)

Best time in course: 4:01:04

Rank in category: 1(of 1)

Best time in the category: 4:35:55

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.15	19:00	6:01	1	-	3	1:41	3.15	19:00	6:01	1	-	3	1:41
Lap 2	3.15	19:40	6:14	1	-	3	2:25	6.30	38:40	6:08	1	-	3	4:06
Lap 3	3.15	19:23	6:09	1	-	3	2:00	9.45	58:03	6:08	1	-	3	6:06
Lap 4	3.15	19:49	6:17	1	-	3	2:23	12.60	1:17:52	6:10	1	-	3	8:29
Lap 5	3.15	20:29	6:30	1	-	4	2:33	15.75	1:38:21	6:14	1	-	3	11:02
Lap 6	3.15	20:26	6:29	1	-	3	2:20	18.90	1:58:47	6:17	1	-	3	13:22
Lap 7	3.15	21:32	6:50	1	-	3	3:02	22.05	2:20:19	6:21	1	-	3	16:24
Lap 8	3.15	21:35	6:51	1	-	3	2:43	25.20	2:41:54	6:25	1	-	3	19:07
Lap 9	3.15	22:32	7:09	1	-	2	3:13	28.35	3:04:26	6:30	1	-	3	22:20
Lap 10	3.15	22:41	7:12	1	-	2	3:29	31.50	3:27:07	6:34	1	-	3	25:49
Lap 11	3.15	22:44	7:13	1	-	2	2:38	34.65	3:49:51	6:38	1	-	3	28:27
Lap 12	3.15	23:20	7:24	1	-	2	3:40	37.80	4:13:11	6:41	1	-	3	32:07
Last lap Finish	3.15	22:44	7:13	1	-	2	2:44	40.95	4:35:55	6:44	1	-	3	34:51