



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Biskamp, Andrea

Club: Philippsthaler Landgrafen

Number: 86

Course: 22.75 km

Halbmarathon

Category:

Frauen W40

Total time: 2:14:28

Speed: 9.82 km/h

Running performance: 5:55 min/km

Rank in course/Total: 4 (of 7)

Rank in course/Women: 1 (of 1)

Best time in course: 2:14:28

Rank in category: 1(of 1)

Best time in the category: 2:14:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	3.25	17:23	5:20	1	-	1	-	3.25	17:23	5:20	1	-	1	-
Lap 2	3.25	18:33	5:42	1	-	1	-	6.50	35:56	5:31	1	-	1	-
Lap 3	3.25	18:51	5:48	1	-	1	-	9.75	54:47	5:37	1	-	1	-
Lap 4	3.25	19:42	6:03	1	-	1	-	13.00	1:14:29	5:43	1	-	1	-
Lap 5	3.25	19:39	6:02	1	-	1	-	16.25	1:34:08	5:47	1	-	1	-
Lap 6	3.25	20:27	6:17	1	-	1	-	19.50	1:54:35	5:52	1	-	1	-
Last lap Finish	3.25	19:53	6:07	1	-	1	-	22.75	2:14:28	5:54	1	-	1	-