



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Geiken, Annette

Club: LG RWE Power

Number: 88

Course: 42.25 km

Marathon

Category:

Frauen W40

Total time: 3:24:35

Speed: 12.32 km/h

Running performance: 4:50 min/km

Rank in course/Total: 14 (of 86)

Rank in course/Women: 1 (of 12)

Best time in course: 3:24:35

Rank in category: 1(of 5)

Best time in the category: 3:24:35

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	14:43	4:31	1	-	1	-	3.25	14:43	4:31	1	-	1	-
Lap 2	3.25	14:53	4:34	1	-	1	-	6.50	29:36	4:33	1	-	1	-
Lap 3	3.25	15:07	4:39	1	-	1	-	9.75	44:43	4:35	1	-	1	-
Lap 4	3.25	15:17	4:42	1	-	1	-	13.00	1:00:00	4:36	5	-	11	-
Lap 5	3.25	15:18	4:42	1	-	1	-	16.25	1:15:18	4:38	1	-	1	-
Lap 6	3.25	15:15	4:41	1	-	1	-	19.50	1:30:33	4:38	1	-	1	-
Lap 7	3.25	15:55	4:53	1	-	1	-	22.75	1:46:28	4:40	1	-	1	-
Lap 8	3.25	15:45	4:50	1	-	1	-	26.00	2:02:13	4:42	5	-	12	-
Lap 9	3.25	15:58	4:54	1	-	1	-	29.25	2:18:11	4:43	1	-	1	-
Lap 10	3.25	16:24	5:02	1	-	1	-	32.50	2:34:35	4:45	1	-	1	-
Lap 11	3.25	16:43	5:08	1	-	1	-	35.75	2:51:18	4:47	1	-	1	-
Lap 12	3.25	16:49	5:10	1	-	1	-	39.00	3:08:07	4:49	4	-	9	-
Last lap Finish	3.25	16:28	5:03	1	-	1	-	42.25	3:24:35	4:50	1	-	1	-