



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Gasa, Carola

Club: SV Mihla

Number: 94

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 3:49:42

Speed: 10.97 km/h

Running performance: 5:26 min/km

Rank in course/Total: 31 (of 86)

Rank in course/Women: 2 (of 12)

Best time in course: 3:24:35

Rank in category: 1(of 3)

Best time in the category: 3:49:42

Control	Intermediate times							Stage score				Total ranking			
	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	16:02	4:56	1	-	3	1:19	3.25	16:02	4:56	1	-	2	1:19	
Lap 2	3.25	17:06	5:15	1	-	2	2:13	6.50	33:08	5:05	1	-	2	3:32	
Lap 3	3.25	17:21	5:20	1	-	3	2:14	9.75	50:29	5:10	1	-	2	5:46	
Lap 4	3.25	16:45	5:09	1	-	2	1:28	13.00	1:07:14	5:10	3		12		
Lap 5	3.25	16:47	5:09	1	-	2	1:29	16.25	1:24:01	5:10	1	-	2	8:43	
Lap 6	3.25	17:25	5:21	1	-	2	2:10	19.50	1:41:26	5:12	1	-	2	10:53	
Lap 7	3.25	17:01	5:14	1	-	2	1:06	22.75	1:58:27	5:12	1	-	2	11:59	
Lap 8	3.25	17:49	5:28	1	-	2	2:04	26.00	2:16:16	5:14	1	-	1	-	
Lap 9	3.25	17:45	5:27	1	-	2	1:47	29.25	2:34:01	5:15	1	-	2	15:50	
Lap 10	3.25	18:02	5:32	1	-	2	1:38	32.50	2:52:03	5:17	1	-	2	17:28	
Lap 11	3.25	18:27	5:40	1	-	3	1:44	35.75	3:10:30	5:19	1	-	2	19:12	
Lap 12	3.25	19:13	5:54	1	-	3	2:24	39.00	3:29:43	5:22	1	-	1	-	
Last lap Finish	3.25	19:59	6:08	1	-	4	3:31	42.25	3:49:42	5:26	1	-	2	25:07	