



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

Lindgaard Jensen, Iben

Number: 105

Course: 42.25 km  
Marathon

Category:  
Frauen W30

Total time: 3:51:10

Speed: 10.90 km/h

Running performance: 5:28 min/km

Rank in course/Total: 35 (of 86)

Rank in course/Women: 3 (of 12)

Best time in course: 3:24:35

Rank in category: 1(of 1)

Best time in the category: 3:51:10

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	17:38	5:25	1	-	8	2:55	3.25	17:38	5:25	1	-	3	2:55		
Lap 2	3.25	17:11	5:17	1	-	3	2:18	6.50	34:49	5:21	1	-	3	5:13		
Lap 3	3.25	17:07	5:15	1	-	2	2:00	9.75	51:56	5:19	1	-	3	7:13		
Lap 4	3.25	17:55	5:30	1	-	4	2:38	13.00	1:09:51	5:22	1	-	1	-		
Lap 5	3.25	17:24	5:21	1	-	3	2:06	16.25	1:27:15	5:22	1	-	3	11:57		
Lap 6	3.25	17:52	5:29	1	-	3	2:37	19.50	1:45:07	5:23	1	-	3	14:34		
Lap 7	3.25	18:23	5:39	1	-	3	2:28	22.75	2:03:30	5:25	1	-	3	17:02		
Lap 8	3.25	18:41	5:44	1	-	3	2:56	26.00	2:22:11	5:28	1	-	2	5:55		
Lap 9	3.25	17:57	5:31	1	-	3	1:59	29.25	2:40:08	5:28	1	-	3	21:57		
Lap 10	3.25	18:15	5:36	1	-	3	1:51	32.50	2:58:23	5:29	1	-	3	23:48		
Lap 11	3.25	17:55	5:30	1	-	2	1:12	35.75	3:16:18	5:29	1	-	3	25:00		
Lap 12	3.25	18:09	5:35	1	-	2	1:20	39.00	3:34:27	5:29	1	-	2	4:44		
Last lap Finish	3.25	16:43	5:08	1	-	2	0:15	42.25	3:51:10	5:28	1	-	3	26:35		