



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Baars, Ulrike**

Club: WKF Bergfried 91

Number: 92

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 4:12:04

Speed: 10.00 km/h

Running performance: 5:58 min/km

Rank in course/Total: 50 (of 86)

Rank in course/Women: 5 (of 12)

Best time in course: 3:24:35

Rank in category: 2(of 3)

Best time in the category: 3:49:42

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Wome	Cat.	Women				Cat.	Wome	Cat.	Women
Lap 1	3.25	17:33	5:24	3	7	1:31	2:50	3.25	17:33	5:24	2	5	1:31	2:50
Lap 2	3.25	18:12	5:35	2	6	1:06	3:19	6.50	35:45	5:30	2	5	2:37	6:09
Lap 3	3.25	18:07	5:34	2	5	0:46	3:00	9.75	53:52	5:31	2	5	3:23	9:09
Lap 4	3.25	18:39	5:44	2	6	1:54	3:22	13.00	1:12:31	5:34	1	3	-	2:40
Lap 5	3.25	18:33	5:42	2	6	1:46	3:15	16.25	1:31:04	5:36	2	5	7:03	15:46
Lap 6	3.25	19:00	5:50	2	4	1:35	3:45	19.50	1:50:04	5:38	2	5	8:38	19:31
Lap 7	3.25	19:23	5:57	2	4	2:22	3:28	22.75	2:09:27	5:41	2	5	11:00	22:59
Lap 8	3.25	19:43	6:03	2	4	1:54	3:58	26.00	2:29:10	5:44	2	4	12:54	12:54
Lap 9	3.25	20:12	6:12	2	5	2:27	4:14	29.25	2:49:22	5:47	2	5	15:21	31:11
Lap 10	3.25	20:35	6:19	2	6	2:33	4:11	32.50	3:09:57	5:50	2	4	17:54	35:22
Lap 11	3.25	20:47	6:23	2	5	2:20	4:04	35.75	3:30:44	5:53	2	5	20:14	39:26
Lap 12	3.25	20:46	6:23	2	5	1:33	3:57	39.00	3:51:30	5:56	2	4	21:47	21:47
Last lap Finish	3.25	20:34	6:19	2	6	0:35	4:06	42.25	4:12:04	5:57	2	5	22:22	47:29