



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Christ, Heike

Club: LT Sulz am Eck

Number: 87

Course: 42.25 km

Marathon

Category:

Frauen W40

Total time: 4:17:16

Speed: 9.80 km/h

Running performance: 6:05 min/km

Rank in course/Total: 55 (of 86)

Rank in course/Women: 6 (of 12)

Best time in course: 3:24:35

Rank in category: 3(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		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Women	Cat.	Women	km	Time	min/km	Cat.	Women	Cat.	Women			
Lap 1	3.25	19:11	5:54	5	11	4:28	11	4:28	3.25	19:11	5:54	3	6	4:28	3	6	4:28
Lap 2	3.25	20:12	6:12	5	11	5:19	11	5:19	6.50	39:23	6:03	3	6	9:47	3	6	9:47
Lap 3	3.25	20:07	6:11	4	10	5:00	10	5:00	9.75	59:30	6:06	3	6	14:47	3	6	14:47
Lap 4	3.25	19:56	6:08	4	10	4:39	10	4:39	13.00	1:19:26	6:06	2	4	9:35	2	4	9:35
Lap 5	3.25	20:07	6:11	4	10	4:49	10	4:49	16.25	1:39:33	6:07	3	6	24:15	3	6	24:15
Lap 6	3.25	20:00	6:09	4	8	4:45	8	4:45	19.50	1:59:33	6:07	3	6	29:00	3	6	29:00
Lap 7	3.25	20:19	6:15	3	8	4:24	8	4:24	22.75	2:19:52	6:08	3	6	33:24	3	6	33:24
Lap 8	3.25	20:06	6:11	3	6	4:21	6	4:21	26.00	2:39:58	6:09	2	5	13:31	2	5	23:42
Lap 9	3.25	19:44	6:04	2	4	3:46	4	3:46	29.25	2:59:42	6:08	3	6	41:31	3	6	41:31
Lap 10	3.25	19:45	6:04	2	4	3:21	4	3:21	32.50	3:19:27	6:08	2	5	44:52	2	5	44:52
Lap 11	3.25	19:45	6:04	2	4	3:02	4	3:02	35.75	3:39:12	6:07	3	6	47:54	3	6	47:54
Lap 12	3.25	19:35	6:01	2	4	2:46	4	2:46	39.00	3:58:47	6:07	5	10	8:43	5	10	29:04
Last lap Finish	3.25	18:29	5:41	2	3	2:01	3	2:01	42.25	4:17:16	6:05	3	6	52:41	3	6	52:41