



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Martin, Alexandra

Club: Zeitjäger

Number: 85

Course: 42.25 km

Marathon

Category:

Frauen W35

Total time: 4:20:50

Speed: 9.66 km/h

Running performance: 6:10 min/km

Rank in course/Total: 59 (of 86)

Rank in course/Women: 7 (of 12)

Best time in course: 3:24:35

Rank in category: 1(of 2)

Best time in the category: 4:20:50

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	16:51	5:11	1	-	4	2:08	3.25	16:51	5:11	1	-	7	2:08
Lap 2	3.25	17:55	5:30	1	-	5	3:02	6.50	34:46	5:20	1	-	7	5:10
Lap 3	3.25	18:40	5:44	1	-	6	3:33	9.75	53:26	5:28	1	-	7	8:43
Lap 4	3.25	18:50	5:47	1	-	7	3:33	13.00	1:12:16	5:33	1	-	5	2:25
Lap 5	3.25	20:01	6:09	2	0:41	9	4:43	16.25	1:32:17	5:40	1	-	7	16:59
Lap 6	3.25	19:46	6:04	1	-	6	4:31	19.50	1:52:03	5:44	1	-	7	21:30
Lap 7	3.25	19:53	6:07	2	0:20	7	3:58	22.75	2:11:56	5:47	1	-	7	25:28
Lap 8	3.25	20:27	6:17	2	0:20	8	4:42	26.00	2:32:23	5:51	1	-	6	16:07
Lap 9	3.25	21:13	6:31	1	-	7	5:15	29.25	2:53:36	5:56	1	-	7	35:25
Lap 10	3.25	23:54	7:21	2	1:03	11	7:30	32.50	3:17:30	6:04	1	-	6	42:55
Lap 11	3.25	21:48	6:42	1	-	7	5:05	35.75	3:39:18	6:08	1	-	7	48:00
Lap 12	3.25	21:14	6:31	1	-	6	4:25	39.00	4:00:32	6:10	1	-	5	30:49
Last lap Finish	3.25	20:18	6:14	1	-	5	3:50	42.25	4:20:50	6:10	1	-	7	56:15