



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Dilling, Daniela**

Club: Lg Nord Berlin

Number: 93

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 4:25:26

Speed: 9.49 km/h

Running performance: 6:17 min/km

Rank in course/Total: 64 (of 86)

Rank in course/Women: 8 (of 12)

Best time in course: 3:24:35

Rank in category: 3(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.	Women	Cat.	Women	km	Time	min/km	Cat.	Women	Cat.	Women			
Lap 1	3.25	17:15	5:18	2	6	1:13	2:32	3.25	17:15	5:18	3	8	1:13	2:32	3	8	2:32
Lap 2	3.25	18:54	5:48	3	9	1:48	4:01	6.50	36:09	5:33	3	8	3:01	6:33	3	8	6:33
Lap 3	3.25	19:20	5:56	3	9	1:59	4:13	9.75	55:29	5:41	3	8	5:00	10:46	3	8	10:46
Lap 4	3.25	19:42	6:03	3	9	2:57	4:25	13.00	1:15:11	5:46	2	6	2:40	5:20	2	6	5:20
Lap 5	3.25	19:46	6:04	3	8	2:59	4:28	16.25	1:34:57	5:50	3	8	10:56	19:39	3	8	19:39
Lap 6	3.25	20:01	6:09	3	9	2:36	4:46	19.50	1:54:58	5:53	3	8	13:32	24:25	3	8	24:25
Lap 7	3.25	20:26	6:17	3	9	3:25	4:31	22.75	2:15:24	5:57	3	8	16:57	28:56	3	8	28:56
Lap 8	3.25	20:42	6:22	3	9	2:53	4:57	26.00	2:36:06	6:00	3	7	19:50	19:50	3	7	19:50
Lap 9	3.25	21:22	6:34	3	8	3:37	5:24	29.25	2:57:28	6:04	3	8	23:27	39:17	3	8	39:17
Lap 10	3.25	22:09	6:48	3	7	4:07	5:45	32.50	3:19:37	6:08	3	7	27:34	45:02	3	7	45:02
Lap 11	3.25	22:01	6:46	3	8	3:34	5:18	35.75	3:41:38	6:11	3	8	31:08	50:20	3	8	50:20
Lap 12	3.25	21:27	6:35	3	7	2:14	4:38	39.00	4:03:05	6:13	3	11	33:22	33:22	3	11	33:22
Last lap Finish	3.25	22:21	6:52	3	8	2:22	5:53	42.25	4:25:26	6:16	3	8	35:44	1:00:51	3	8	1:00:51