



4. Merkerser Kristallmarathon

Merkers / 28.02.2010

Detailed evaluation

Jäger, Nicole

Club: 100 Marathon Club Deutschland

Number: 89

Course: 42.25 km

Marathon

Category:

Frauen W40

Total time: 4:44:08

Speed: 8.87 km/h

Running performance: 6:44 min/km

Rank in course/Total: 75 (of 86)

Rank in course/Women: 11 (of 12)

Best time in course: 3:24:35

Rank in category: 5(of 5)

Best time in the category: 3:24:35

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	18:08	5:34	3	3:25	9	3:25	3.25	18:08	5:34	5	3:25	11	3:25		
Lap 2	3.25	18:30	5:41	3	3:37	8	3:37	6.50	36:38	5:38	5	7:02	11	7:02		
Lap 3	3.25	19:14	5:55	3	4:07	8	4:07	9.75	55:52	5:43	4	11:09	10	11:09		
Lap 4	3.25	17:52	5:29	2	2:35	3	2:35	13.00	1:13:44	5:40	4	4:07	9	3:53		
Lap 5	3.25	18:20	5:38	2	3:02	4	3:02	16.25	1:32:04	5:39	5	16:46	11	16:46		
Lap 6	3.25	19:51	6:06	3	4:36	7	4:36	19.50	1:51:55	5:44	4	21:22	10	21:22		
Lap 7	3.25	22:10	6:49	5	6:15	11	6:15	22.75	2:14:05	5:53	5	27:37	11	27:37		
Lap 8	3.25	25:00	7:41	5	9:15	12	9:15	26.00	2:39:05	6:07	4	12:38	10	22:49		
Lap 9	3.25	26:15	8:04	5	10:17	12	10:17	29.25	3:05:20	6:20	4	47:09	10	47:09		
Lap 10	3.25	23:48	7:19	5	7:24	10	7:24	32.50	3:29:08	6:26	4	54:33	10	54:33		
Lap 11	3.25	24:06	7:24	5	7:23	11	7:23	35.75	3:53:14	6:31	5	1:01:56	11	1:01:56		
Lap 12	3.25	25:53	7:57	5	9:04	11	9:04	39.00	4:19:07	6:38	3	29:03	7	49:24		
Last lap Finish	3.25	25:01	7:41	5	8:33	11	8:33	42.25	4:44:08	6:43	5	1:19:33	11	1:19:33		