



# 4. Merkerser Kristallmarathon

Merkers / 28.02.2010

## Detailed evaluation

**Abel, Angelika**

Club: TV Stammheim

Number: 96

Course: 42.25 km

Marathon

Category:

Frauen W50

Total time: 5:07:41

Speed: 8.19 km/h

Running performance: 7:17 min/km

Rank in course/Total: 80 (of 86)

Rank in course/Women: 12 (of 12)

Best time in course: 3:24:35

Rank in category: 1(of 1)

Best time in the category: 5:07:41

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	20:51	6:24	1	-	12	6:08	3.25	20:51	6:24	1	-	12	6:08		
Lap 2	3.25	22:00	6:46	1	-	12	7:07	6.50	42:51	6:35	1	-	12	13:15		
Lap 3	3.25	21:53	6:44	1	-	12	6:46	9.75	1:04:44	6:38	1	-	11	20:01		
Lap 4	3.25	22:11	6:49	1	-	12	6:54	13.00	1:26:55	6:41	1	-	10	17:04		
Lap 5	3.25	21:42	6:40	1	-	12	6:24	16.25	1:48:37	6:41	1	-	12	33:19		
Lap 6	3.25	22:41	6:58	1	-	12	7:26	19.50	2:11:18	6:44	1	-	11	40:45		
Lap 7	3.25	23:48	7:19	1	-	12	7:53	22.75	2:35:06	6:49	1	-	12	48:38		
Lap 8	3.25	23:24	7:11	1	-	11	7:39	26.00	2:58:30	6:51	1	-	11	42:14		
Lap 9	3.25	23:53	7:20	1	-	11	7:55	29.25	3:22:23	6:55	1	-	11	1:04:12		
Lap 10	3.25	24:57	7:40	1	-	12	8:33	32.50	3:47:20	6:59	1	-	11	1:12:45		
Lap 11	3.25	27:14	8:22	1	-	12	10:31	35.75	4:14:34	7:07	1	-	12	1:23:16		
Lap 12	3.25	26:13	8:03	1	-	12	9:24	39.00	4:40:47	7:11	1	-	8	1:11:04		
Last lap Finish	3.25	26:54	8:16	1	-	12	10:26	42.25	5:07:41	7:16	1	-	12	1:43:06		