



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

HAMM, Carmen

Club: jogmap

Number: 152

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 3:59:02

Speed: 10.54 km/h

Running performance: 5:40 min/km

Rank in course/Total: 65 (of 143)

Rank in course/Women: 3 (of 14)

Best time in course: 3:25:50

Rank in category: 1(of 3)

Best time in the category: 3:59:02

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	16:50	5:10	1	-	4	2:02	3.25	16:50	5:10	1	-	4	
Lap 2	3.25	17:29	5:22	1	-	5	2:39	6.50	34:19	5:16	1	-	3	4:41
Lap 3	3.25	17:40	5:26	1	-	5	2:42	9.75	51:59	5:19	1	-	3	7:23
Lap 4	3.25	18:15	5:36	1	-	5	2:59	13.00	1:10:14	5:24	1	-	3	10:22
Lap 5	3.25	18:36	5:43	1	-	6	3:14	16.25	1:28:50	5:28	1	-	3	13:36
Lap 6	3.25	18:09	5:35	1	-	3	2:42	19.50	1:46:59	5:29	1	-	3	16:18
Lap 7	3.25	18:06	5:34	1	-	4	2:11	22.75	2:05:05	5:29	1	-	3	18:29
Lap 8	3.25	18:37	5:43	1	-	4	2:25	26.00	2:23:42	5:31	1	-	3	20:54
Lap 9	3.25	19:16	5:55	1	-	4	2:53	29.25	2:42:58	5:34	1	-	3	23:47
Lap 10	3.25	19:14	5:55	1	-	4	2:43	32.50	3:02:12	5:36	1	-	3	26:30
Lap 11	3.25	19:22	5:57	1	-	4	2:19	35.75	3:21:34	5:38	1	-	3	28:49
Lap 12	3.25	19:03	5:51	1	-	4	2:19	39.00	3:40:37	5:39	1	-	3	31:08
Last lap Finish	3.25	18:25	5:40	1	-	4	2:04	42.25	3:59:02	5:39	1	-	4	3:10:58