



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

CHRIST, Heike

Club: LT Sulz am Eck

Number: 145

Course: 42.25 km

Marathon

Category:

Frauen W40

Total time: 4:00:29

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 68 (of 143)

Rank in course/Women: 5 (of 14)

Best time in course: 3:25:50

Rank in category: 2(of 3)

Best time in the category: 3:25:50

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	19:10	5:53	2	4:22	8	4:22	3.25	19:10	5:53	2	4:22	6	
Lap 2	3.25	19:04	5:51	2	4:14	7	4:14	6.50	38:14	5:52	2	8:36	5	8:36
Lap 3	3.25	19:13	5:54	2	4:15	7	4:15	9.75	57:27	5:53	2	12:51	5	12:51
Lap 4	3.25	19:00	5:50	2	3:44	6	3:44	13.00	1:16:27	5:52	2	16:35	5	16:35
Lap 5	3.25	19:11	5:54	2	3:49	7	3:49	16.25	1:35:38	5:53	2	20:24	5	20:24
Lap 6	3.25	18:50	5:47	2	3:23	6	3:23	19.50	1:54:28	5:52	2	23:47	5	23:47
Lap 7	3.25	18:52	5:48	2	2:57	6	2:57	22.75	2:13:20	5:51	2	26:44	5	26:44
Lap 8	3.25	18:24	5:39	2	2:12	3	2:12	26.00	2:31:44	5:50	2	28:56	5	28:56
Lap 9	3.25	18:27	5:40	2	2:04	3	2:04	29.25	2:50:11	5:49	2	31:00	5	31:00
Lap 10	3.25	18:12	5:35	2	1:41	3	1:41	32.50	3:08:23	5:47	2	32:41	5	32:41
Lap 11	3.25	17:59	5:31	2	0:56	2	0:56	35.75	3:26:22	5:46	2	33:37	5	33:37
Lap 12	3.25	17:41	5:26	2	0:57	2	0:57	39.00	3:44:03	5:44	2	34:34	5	34:34
Last lap Finish	3.25	16:26	5:03	2	0:05	2	0:05	42.25	4:00:29	5:41	2	34:39	6	3:12:25