



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

BÄRWOLF, Silvia

Club: Laufftreff Breitungen

Number: 156

Course: 42.25 km

Marathon

Category:

Frauen W50

Total time: 4:04:24

Speed: 10.37 km/h

Running performance: 5:47 min/km

Rank in course/Total: 73 (of 143)

Rank in course/Women: 6 (of 14)

Best time in course: 3:25:50

Rank in category: 1(of 2)

Best time in the category: 4:04:24

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	15:06	4:38	1	-	2	0:18	3.25	15:06	4:38	1	-	7	
Lap 2	3.25	15:45	4:50	1	-	2	0:55	6.50	30:51	4:44	1	-	6	1:13
Lap 3	3.25	16:07	4:57	1	-	2	1:09	9.75	46:58	4:49	1	-	6	2:22
Lap 4	3.25	16:58	5:13	1	-	3	1:42	13.00	1:03:56	4:55	1	-	6	4:04
Lap 5	3.25	17:27	5:22	1	-	4	2:05	16.25	1:21:23	5:00	1	-	6	6:09
Lap 6	3.25	18:47	5:46	1	-	5	3:20	19.50	1:40:10	5:08	1	-	6	9:29
Lap 7	3.25	18:36	5:43	1	-	5	2:41	22.75	1:58:46	5:13	1	-	6	12:10
Lap 8	3.25	18:50	5:47	1	-	5	2:38	26.00	2:17:36	5:17	1	-	6	14:48
Lap 9	3.25	19:39	6:02	1	-	5	3:16	29.25	2:37:15	5:22	1	-	6	18:04
Lap 10	3.25	20:42	6:22	1	-	6	4:11	32.50	2:57:57	5:28	1	-	6	22:15
Lap 11	3.25	22:07	6:48	1	-	7	5:04	35.75	3:20:04	5:35	1	-	6	27:19
Lap 12	3.25	21:55	6:44	1	-	6	5:11	39.00	3:41:59	5:41	1	-	6	32:30
Last lap Finish	3.25	22:25	6:53	1	-	8	6:04	42.25	4:04:24	5:47	1	-	7	3:16:20