



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

LIPINSKI, Silke

Club: Leipzig

Number: 141

Course: 42.25 km

Marathon

Category:

Frauen W30

Total time: 4:25:47

Speed: 9.48 km/h

Running performance: 6:17 min/km

Rank in course/Total: 103 (of 143)

Rank in course/Women: 7 (of 14)

Best time in course: 3:25:50

Rank in category: 2(of 2)

Best time in the category: 4:00:15

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	19:30	6:00	2	3:09	9	4:42	3.25	19:30	6:00	2	3:09	8	
Lap 2	3.25	19:17	5:56	2	2:38	8	4:27	6.50	38:47	5:58	2	5:47	7	9:09
Lap 3	3.25	19:15	5:55	2	2:16	8	4:17	9.75	58:02	5:57	2	8:03	7	13:26
Lap 4	3.25	19:42	6:03	2	2:43	8	4:26	13.00	1:17:44	5:58	2	10:46	7	17:52
Lap 5	3.25	18:26	5:40	2	1:07	5	3:04	16.25	1:36:10	5:55	2	11:53	7	20:56
Lap 6	3.25	18:50	5:47	2	0:37	6	3:23	19.50	1:55:00	5:53	2	12:30	7	24:19
Lap 7	3.25	19:58	6:08	2	2:10	7	4:03	22.75	2:14:58	5:55	2	14:40	7	28:22
Lap 8	3.25	20:02	6:09	2	1:08	7	3:50	26.00	2:35:00	5:57	2	15:48	7	32:12
Lap 9	3.25	20:46	6:23	2	0:06	7	4:23	29.25	2:55:46	6:00	2	15:54	7	36:35
Lap 10	3.25	22:38	6:57	2	3:05	8	6:07	32.50	3:18:24	6:06	2	18:59	7	42:42
Lap 11	3.25	21:59	6:45	2	2:37	6	4:56	35.75	3:40:23	6:09	2	21:36	7	47:38
Lap 12	3.25	23:31	7:14	2	2:47	7	6:47	39.00	4:03:54	6:15	2	24:23	7	54:25
Last lap Finish	3.25	21:53	6:44	2	1:09	7	5:32	42.25	4:25:47	6:17	2	25:32	8	3:37:43