



# 5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

## Detailed evaluation

**DILLING, Daniela**

Club: LG Nord Berlin

Number: 153

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 4:34:21

Speed: 9.19 km/h

Running performance: 6:29 min/km

Rank in course/Total: 110 (of 143)

Rank in course/Women: 8 (of 14)

Best time in course: 3:25:50

Rank in category: 2(of 3)

Best time in the category: 3:59:02

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Women	Cat.	Women	km	Time	min/km	Cat.	Women	Cat.	Women			
Lap 1	3.25	17:41	5:26	2	0:51	6	2:53	3.25	17:41	5:26	2	0:51	9				
Lap 2	3.25	18:47	5:46	2	1:18	6	3:57	6.50	36:28	5:36	2	2:09	8	6:50			
Lap 3	3.25	19:10	5:53	2	1:30	6	4:12	9.75	55:38	5:42	2	3:39	8	11:02			
Lap 4	3.25	19:33	6:00	2	1:18	7	4:17	13.00	1:15:11	5:46	2	4:57	8	15:19			
Lap 5	3.25	20:02	6:09	2	1:26	8	4:40	16.25	1:35:13	5:51	2	6:23	8	19:59			
Lap 6	3.25	22:35	6:56	3	4:26	10	7:08	19.50	1:57:48	6:02	2	10:49	8	27:07			
Lap 7	3.25	20:35	6:19	2	2:29	8	4:40	22.75	2:18:23	6:04	2	13:18	8	31:47			
Lap 8	3.25	20:32	6:19	2	1:55	8	4:20	26.00	2:38:55	6:06	2	15:13	8	36:07			
Lap 9	3.25	22:04	6:47	2	2:48	8	5:41	29.25	3:00:59	6:11	2	18:01	8	41:48			
Lap 10	3.25	22:27	6:54	2	3:13	7	5:56	32.50	3:23:26	6:15	2	21:14	8	47:44			
Lap 11	3.25	23:02	7:05	2	3:40	8	5:59	35.75	3:46:28	6:20	2	24:54	8	53:43			
Lap 12	3.25	23:52	7:20	2	4:49	8	7:08	39.00	4:10:20	6:25	2	29:43	8	1:00:51			
Last lap Finish	3.25	24:01	7:23	3	5:36	9	7:40	42.25	4:34:21	6:29	2	35:19	9	3:46:17			