



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

ABEL, Angelika

Club: TV Stammheim

Number: 159

Course: 42.25 km

Marathon

Category:

Frauen W55

Total time: 4:56:48

Speed: 8.49 km/h

Running performance: 7:01 min/km

Rank in course/Total: 124 (of 143)

Rank in course/Women: 9 (of 14)

Best time in course: 3:25:50

Rank in category: 1(of 2)

Best time in the category: 4:56:48

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	20:41	6:21	1	-	12	5:53	3.25	20:41	6:21	2	-	9	10
Lap 2	3.25	21:08	6:30	1	-	11	6:18	6.50	41:49	6:26	1	-	9	12:11
Lap 3	3.25	21:22	6:34	1	-	11	6:24	9.75	1:03:11	6:28	1	-	9	18:35
Lap 4	3.25	21:21	6:34	1	-	11	6:05	13.00	1:24:32	6:30	1	-	9	24:40
Lap 5	3.25	21:28	6:36	1	-	9	6:06	16.25	1:46:00	6:31	1	-	9	30:46
Lap 6	3.25	21:48	6:42	1	-	8	6:21	19.50	2:07:48	6:33	1	-	9	37:07
Lap 7	3.25	24:45	7:36	1	-	12	8:50	22.75	2:32:33	6:42	1	-	9	45:57
Lap 8	3.25	22:50	7:01	1	-	9	6:38	26.00	2:55:23	6:44	1	-	9	52:35
Lap 9	3.25	23:11	7:08	1	-	9	6:48	29.25	3:18:34	6:47	1	-	9	59:23
Lap 10	3.25	23:58	7:22	1	-	9	7:27	32.50	3:42:32	6:50	1	-	9	1:06:50
Lap 11	3.25	24:23	7:30	1	-	9	7:20	35.75	4:06:55	6:54	1	-	9	1:14:10
Lap 12	3.25	24:52	7:39	1	-	9	8:08	39.00	4:31:47	6:58	1	-	9	1:22:18
Last lap Finish	3.25	25:01	7:41	2	0:14	12	8:40	42.25	4:56:48	7:01	2	4:08:44	10	4:08:44