



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

PARAKENINGS, Ilse

Club: Schwaig

Number: 155

Course: 42.25 km

Marathon

Category:

Frauen W50

Total time: 5:04:30

Speed: 8.28 km/h

Running performance: 7:13 min/km

Rank in course/Total: 130 (of 143)

Rank in course/Women: 11 (of 14)

Best time in course: 3:25:50

Rank in category: 2(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	19:59	6:08	2	4:53	11	5:11	3.25	19:59	6:08	2	4:53	12	
Lap 2	3.25	21:11	6:31	2	5:26	12	6:21	6.50	41:10	6:19	2	10:19	11	11:32
Lap 3	3.25	21:30	6:36	2	5:23	12	6:32	9.75	1:02:40	6:25	2	15:42	11	18:04
Lap 4	3.25	21:52	6:43	2	4:54	12	6:36	13.00	1:24:32	6:30	2	20:36	9	24:40
Lap 5	3.25	22:13	6:50	2	4:46	12	6:51	16.25	1:46:45	6:34	2	25:22	11	31:31
Lap 6	3.25	22:49	7:01	2	4:02	11	7:22	19.50	2:09:34	6:38	2	29:24	11	38:53
Lap 7	3.25	23:25	7:12	2	4:49	11	7:30	22.75	2:32:59	6:43	2	34:13	11	46:23
Lap 8	3.25	26:44	8:13	2	7:54	13	10:32	26.00	2:59:43	6:54	2	42:07	11	56:55
Lap 9	3.25	25:05	7:43	2	5:26	12	8:42	29.25	3:24:48	7:00	2	47:33	11	1:05:37
Lap 10	3.25	24:45	7:36	2	4:03	10	8:14	32.50	3:49:33	7:03	2	51:36	11	1:13:51
Lap 11	3.25	24:53	7:39	2	2:46	10	7:50	35.75	4:14:26	7:07	2	54:22	11	1:21:41
Lap 12	3.25	25:10	7:44	2	3:15	10	8:26	39.00	4:39:36	7:10	2	57:37	11	1:30:07
Last lap Finish	3.25	24:54	7:39	2	2:29	11	8:33	42.25	5:04:30	7:12	2	1:00:06	12	4:16:26