



5. Kristallmarathon im Erlebnisbergwerk Merkers

Merkers / 20.02.2011

Detailed evaluation

GRABNER, Andrea

Club: Berlin
Number: 168

Course: 42.25 km
Marathon

Category:
Frauen W40

Total time: 5:07:32

Speed: 8.19 km/h
Running performance: 7:17 min/km

Rank in course/Total: 132 (of 143)

Rank in course/Women: 12 (of 14)

Best time in course: 3:25:50

Rank in category: 3(of 3)

Best time in the category: 3:25:50

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	19:34	6:01	3	4:46	10	4:46	3.25	19:34	6:01	3	4:46	13	
Lap 2	3.25	20:13	6:13	3	5:23	9	5:23	6.50	39:47	6:07	3	10:09	12	10:09
Lap 3	3.25	20:22	6:15	3	5:24	9	5:24	9.75	1:00:09	6:10	3	15:33	12	15:33
Lap 4	3.25	20:51	6:24	3	5:35	9	5:35	13.00	1:21:00	6:13	3	21:08	12	21:08
Lap 5	3.25	21:42	6:40	3	6:20	10	6:20	16.25	1:42:42	6:19	3	27:28	12	27:28
Lap 6	3.25	22:49	7:01	3	7:22	11	7:22	19.50	2:05:31	6:26	3	34:50	12	34:50
Lap 7	3.25	24:47	7:37	3	8:52	13	8:52	22.75	2:30:18	6:36	3	43:42	12	43:42
Lap 8	3.25	24:28	7:31	3	8:16	10	8:16	26.00	2:54:46	6:43	3	51:58	12	51:58
Lap 9	3.25	25:01	7:41	3	8:38	11	8:38	29.25	3:19:47	6:49	3	1:00:36	12	1:00:36
Lap 10	3.25	26:25	8:07	3	9:54	12	9:54	32.50	3:46:12	6:57	3	1:10:30	12	1:10:30
Lap 11	3.25	28:00	8:36	3	10:57	13	10:57	35.75	4:14:12	7:06	3	1:21:27	12	1:21:27
Lap 12	3.25	27:27	8:26	3	10:43	13	10:43	39.00	4:41:39	7:13	3	1:32:10	12	1:32:10
Last lap Finish	3.25	25:53	7:57	3	9:32	14	9:32	42.25	5:07:32	7:16	3	1:41:42	13	4:19:28