



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Dr. Cacacciola-Ketter, Maria Lucia

Club: TriSportKirsch

Number: 195

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 3:57:26

Speed: 10.61 km/h

Running performance: 5:37 min/km

Rank in course/Total: 77 (of 164)

Rank in course/Women: 4 (of 28)

Best time in course: 3:30:47

Rank in category: 3(of 10)

Best time in the category: 3:30:47

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	19:20	5:56	9	4:27	22	4:27	3.25	19:20	5:56	3	3:38	26	0:01
Lap 2	3.25	18:16	5:37	5	3:00	12	3:00	6.50	37:36	5:47	3	6:06	26	
Lap 3	3.25	17:57	5:31	3	2:29	8	2:29	9.75	55:33	5:41	3	7:54	26	
Lap 4	3.25	18:58	5:50	5	3:19	12	3:19	13.00	1:14:31	5:43	3	10:30	26	
Lap 5	3.25	18:02	5:32	3	1:53	8	1:53	16.25	1:32:33	5:41	3	12:02	26	
Lap 6	3.25	17:28	5:22	3	1:17	4	1:17	19.50	1:50:01	5:38	3	12:38	26	
Lap 7	3.25	17:53	5:30	3	1:41	4	1:41	22.75	2:07:54	5:37	3	13:47	26	
Lap 8	3.25	18:07	5:34	3	1:32	4	1:32	26.00	2:26:01	5:36	3	15:19	26	
Lap 9	3.25	18:28	5:40	3	2:20	4	2:20	29.25	2:44:29	5:37	3	17:39	26	
Lap 10	3.25	18:34	5:42	3	2:09	3	2:09	32.50	3:03:03	5:37	3	19:48	25	
Lap 11	3.25	18:56	5:49	3	2:48	4	2:48	35.75	3:21:59	5:38	3	22:36	25	
Lap 12	3.25	18:00	5:32	3	1:46	3	1:46	39.00	3:39:59	5:38	3	24:22	25	
Last lap Finish	3.25	17:27	5:22	2	2:17	2	2:17	42.25	3:57:26	5:37	3	26:39	4	26:39