



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Riehs, Angela

Club: LG Thalheim

Number: 181

Course: 42.25 km

Marathon

Category:

Frauen W40

Total time: 4:11:45

Speed: 10.01 km/h

Running performance: 5:58 min/km

Rank in course/Total: 99 (of 164)

Rank in course/Women: 8 (of 28)

Best time in course: 3:30:47

Rank in category: 3(of 5)

Best time in the category: 4:02:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Women	Cat.	Women	km	Time	min/km	Cat.	Women		
Lap 1	3.25	18:04	5:33	4	11	2:24	3:11	3.25	18:04	5:33	3	21	1:13	21
Lap 2	3.25	17:38	5:25	4	8	1:21	2:22	6.50	35:42	5:29	3	21	2:20	21
Lap 3	3.25	18:16	5:37	4	10	1:38	2:48	9.75	53:58	5:32	3	21	3:46	21
Lap 4	3.25	18:39	5:44	4	9	1:34	3:00	13.00	1:12:37	5:35	3	21	5:20	21
Lap 5	3.25	18:36	5:43	4	9	1:22	2:27	16.25	1:31:13	5:36	3	21	6:25	21
Lap 6	3.25	19:16	5:55	4	10	1:25	3:05	19.50	1:50:29	5:39	3	21	7:50	21
Lap 7	3.25	18:48	5:47	2	7	0:20	2:36	22.75	2:09:17	5:40	3	21	8:10	21
Lap 8	3.25	19:57	6:08	2	10	0:54	3:22	26.00	2:29:14	5:44	3	21	9:04	21
Lap 9	3.25	20:22	6:15	2	10	0:36	4:14	29.25	2:49:36	5:47	3	21	9:40	21
Lap 10	3.25	20:22	6:15	1	8	-	3:57	32.50	3:09:58	5:50	3	21	9:39	21
Lap 11	3.25	21:04	6:28	3	13	0:32	4:56	35.75	3:31:02	5:54	3	21	9:57	21
Lap 12	3.25	21:01	6:28	3	10	0:04	4:47	39.00	3:52:03	5:57	3	21	10:01	21
Last lap Finish	3.25	19:42	6:03	1	7	-	4:32	42.25	4:11:45	5:57	3	9	9:19	40:58