



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Praher, Steffi

Club: Oskar-Frech-Seebad

Number: 173

Course: 42.25 km

Marathon

Category:

Frauen W20

Total time: 4:12:47

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 104 (of 164)

Rank in course/Women: 10 (of 28)

Best time in course: 3:30:47

Rank in category: 2(of 2)

Best time in the category: 3:49:48

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	16:31	5:04	2	1:19	6	1:38	3.25	16:31	5:04	2	1:19	19	
Lap 2	3.25	17:24	5:21	2	2:08	7	2:08	6.50	33:55	5:13	2	3:27	19	
Lap 3	3.25	18:09	5:35	2	2:16	9	2:41	9.75	52:04	5:20	2	5:43	19	
Lap 4	3.25	18:47	5:46	2	2:55	10	3:08	13.00	1:10:51	5:26	2	8:38	19	
Lap 5	3.25	18:50	5:47	2	2:29	11	2:41	16.25	1:29:41	5:31	2	11:07	19	
Lap 6	3.25	18:56	5:49	2	2:07	9	2:45	19.50	1:48:37	5:34	2	13:14	19	
Lap 7	3.25	18:55	5:49	2	1:30	8	2:43	22.75	2:07:32	5:36	2	14:44	19	
Lap 8	3.25	20:04	6:10	2	2:15	12	3:29	26.00	2:27:36	5:40	2	16:59	19	
Lap 9	3.25	20:10	6:12	2	2:12	9	4:02	29.25	2:47:46	5:44	2	19:11	19	
Lap 10	3.25	20:43	6:22	2	1:26	12	4:18	32.50	3:08:29	5:47	2	20:37	19	
Lap 11	3.25	21:01	6:28	2	0:26	11	4:53	35.75	3:29:30	5:51	2	21:03	19	
Lap 12	3.25	21:22	6:34	1	-	11	5:08	39.00	3:50:52	5:55	2	20:59	19	
Last lap Finish	3.25	21:55	6:44	2	2:00	15	6:45	42.25	4:12:47	5:58	2	22:59	11	42:00