



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Bruder, Birgit

Club: LTF Marpingen

Number: 188

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 4:19:18

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 115 (of 164)

Rank in course/Women: 13 (of 28)

Best time in course: 3:30:47

Rank in category: 5(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	17:43	5:27	4	2:50	9	2:50	3.25	17:43	5:27	5	2:01	16			
Lap 2	3.25	17:56	5:31	4	2:40	11	2:40	6.50	35:39	5:29	5	4:09	16			
Lap 3	3.25	19:36	6:01	9	4:08	19	4:08	9.75	55:15	5:40	5	7:36	13			
Lap 4	3.25	19:26	5:58	8	3:47	16	3:47	13.00	1:14:41	5:44	5	10:40	16			
Lap 5	3.25	19:38	6:02	7	3:29	15	3:29	16.25	1:34:19	5:48	5	13:48	16			
Lap 6	3.25	20:10	6:12	5	3:59	13	3:59	19.50	1:54:29	5:52	5	17:06	16			
Lap 7	3.25	19:48	6:05	5	3:36	11	3:36	22.75	2:14:17	5:54	5	20:10	16			
Lap 8	3.25	20:13	6:13	6	3:38	13	3:38	26.00	2:34:30	5:56	5	23:48	16			
Lap 9	3.25	20:33	6:19	5	4:25	11	4:25	29.25	2:55:03	5:59	5	28:13	16			
Lap 10	3.25	20:28	6:17	5	4:03	11	4:03	32.50	3:15:31	6:00	5	32:16	12			
Lap 11	3.25	20:43	6:22	5	4:35	9	4:35	35.75	3:36:14	6:02	5	36:51	16			
Lap 12	3.25	21:29	6:36	5	5:15	13	5:15	39.00	3:57:43	6:05	5	42:06	16			
Last lap Finish	3.25	21:35	6:38	7	6:25	13	6:25	42.25	4:19:18	6:08	5	48:31	14	48:31		