



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Grob, Heike

Club: Ski-Club Flieden

Number: 203

Course: 42.25 km

Marathon

Category:

Frauen W50

Total time: 4:22:25

Speed: 9.60 km/h

Running performance: 6:13 min/km

Rank in course/Total: 118 (of 164)

Rank in course/Women: 14 (of 28)

Best time in course: 3:30:47

Rank in category: 1(of 3)

Best time in the category: 4:22:25

Intermediate times				Stage score				Total ranking						
Control	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	19:19	5:56	2	1:10	21	4:26	3.25	19:19	5:56	1	-	1	-
Lap 2	3.25	19:12	5:54	2	0:23	19	3:56	6.50	38:31	5:55	1	-	1	-
Lap 3	3.25	19:16	5:55	1	-	16	3:48	9.75	57:47	5:55	1	-	1	-
Lap 4	3.25	19:34	6:01	1	-	17	3:55	13.00	1:17:21	5:56	1	-	1	-
Lap 5	3.25	19:51	6:06	1	-	17	3:42	16.25	1:37:12	5:58	1	-	1	-
Lap 6	3.25	20:36	6:20	2	0:19	18	4:25	19.50	1:57:48	6:02	1	-	1	-
Lap 7	3.25	20:42	6:22	1	-	16	4:30	22.75	2:18:30	6:05	1	-	1	-
Lap 8	3.25	20:36	6:20	1	-	14	4:01	26.00	2:39:06	6:07	1	-	1	-
Lap 9	3.25	20:33	6:19	1	-	11	4:25	29.25	2:59:39	6:08	1	-	1	-
Lap 10	3.25	21:15	6:32	1	-	13	4:50	32.50	3:20:54	6:10	1	-	1	-
Lap 11	3.25	21:03	6:28	1	-	12	4:55	35.75	3:41:57	6:12	1	-	1	-
Lap 12	3.25	20:47	6:23	1	-	6	4:33	39.00	4:02:44	6:13	1	-	1	-
Last lap Finish	3.25	19:41	6:03	1	-	6	4:31	42.25	4:22:25	6:12	1	-	15	51:38