



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Schnapke, Ines

Club: T-Rex Team

Number: 194

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 4:23:12

Speed: 9.57 km/h

Running performance: 6:14 min/km

Rank in course/Total: 121 (of 164)

Rank in course/Women: 15 (of 28)

Best time in course: 3:30:47

Rank in category: 6(of 10)

Best time in the category: 3:30:47

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	18:24	5:39	5	3:31	14	3:31	3.25	18:24	5:39	6	2:42	13	
Lap 2	3.25	18:21	5:38	6	3:05	13	3:05	6.50	36:45	5:39	6	5:15	13	
Lap 3	3.25	18:30	5:41	6	3:02	13	3:02	9.75	55:15	5:40	5	7:36	13	
Lap 4	3.25	19:20	5:56	6	3:41	13	3:41	13.00	1:14:35	5:44	6	10:34	13	
Lap 5	3.25	19:04	5:51	5	2:55	12	2:55	16.25	1:33:39	5:45	6	13:08	13	
Lap 6	3.25	20:13	6:13	7	4:02	15	4:02	19.50	1:53:52	5:50	7	16:29	13	
Lap 7	3.25	20:02	6:09	6	3:50	13	3:50	22.75	2:13:54	5:53	6	19:47	13	
Lap 8	3.25	21:41	6:40	7	5:06	18	5:06	26.00	2:35:35	5:59	6	24:53	13	
Lap 9	3.25	21:44	6:41	9	5:36	18	5:36	29.25	2:57:19	6:03	7	30:29	13	
Lap 10	3.25	21:59	6:45	7	5:34	15	5:34	32.50	3:19:18	6:07	6	36:03	13	
Lap 11	3.25	21:54	6:44	7	5:46	15	5:46	35.75	3:41:12	6:11	6	41:49	13	
Lap 12	3.25	21:49	6:42	6	5:35	14	5:35	39.00	4:03:01	6:13	6	47:24	13	0:17
Last lap Finish	3.25	20:11	6:12	4	5:01	9	5:01	42.25	4:23:12	6:13	6	52:25	16	52:25