



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Cömert, Sakine

Club: Gönlüm

Number: 186

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 4:24:10

Speed: 9.54 km/h

Running performance: 6:15 min/km

Rank in course/Total: 123 (of 164)

Rank in course/Women: 17 (of 28)

Best time in course: 3:30:47

Rank in category: 8(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	16:47	5:09	3	1:54	7	1:54	3.25	16:47	5:09	8	1:05	12	
Lap 2	3.25	17:48	5:28	3	2:32	10	2:32	6.50	34:35	5:19	8	3:05	12	
Lap 3	3.25	18:28	5:40	5	3:00	12	3:00	9.75	53:03	5:26	8	5:24	12	
Lap 4	3.25	18:52	5:48	4	3:13	11	3:13	13.00	1:11:55	5:31	8	7:54	12	
Lap 5	3.25	19:50	6:06	8	3:41	16	3:41	16.25	1:31:45	5:38	8	11:14	12	
Lap 6	3.25	20:39	6:21	8	4:28	19	4:28	19.50	1:52:24	5:45	8	15:01	12	
Lap 7	3.25	20:57	6:26	8	4:45	19	4:45	22.75	2:13:21	5:51	8	19:14	12	
Lap 8	3.25	19:26	5:58	4	2:51	8	2:51	26.00	2:32:47	5:52	8	22:05	12	
Lap 9	3.25	20:40	6:21	6	4:32	13	4:32	29.25	2:53:27	5:55	8	26:37	12	
Lap 10	3.25	22:04	6:47	9	5:39	17	5:39	32.50	3:15:31	6:00	5	32:16	12	
Lap 11	3.25	22:10	6:49	9	6:02	17	6:02	35.75	3:37:41	6:05	8	38:18	12	
Lap 12	3.25	22:59	7:04	8	6:45	18	6:45	39.00	4:00:40	6:10	8	45:03	12	
Last lap Finish	3.25	23:30	7:13	9	8:20	21	8:20	42.25	4:24:10	6:15	8	53:23	18	53:23