



# 6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

## Detailed evaluation

**Dilling, Daniela**

Club: LG Nord Berlin

Number: 201

Course: 42.25 km

Marathon

Category:

Frauen W50

Total time: 4:35:17

Speed: 9.15 km/h

Running performance: 6:31 min/km

Rank in course/Total: 132 (of 164)

Rank in course/Women: 19 (of 28)

Best time in course: 3:30:47

Rank in category: 2(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	18:09	5:35	1	-	13	3:16	3.25	18:09	5:35	2		10	
Lap 2	3.25	18:49	5:47	1	-	17	3:33	6.50	36:58	5:41	2		10	
Lap 3	3.25	19:23	5:57	2	0:07	18	3:55	9.75	56:21	5:46	2		10	
Lap 4	3.25	19:56	6:08	2	0:22	19	4:17	13.00	1:16:17	5:52	2		10	
Lap 5	3.25	20:43	6:22	2	0:52	21	4:34	16.25	1:37:00	5:58	2		10	
Lap 6	3.25	20:17	6:14	1	-	16	4:06	19.50	1:57:17	6:00	2		10	
Lap 7	3.25	20:51	6:24	2	0:09	17	4:39	22.75	2:18:08	6:04	2		10	
Lap 8	3.25	21:06	6:29	2	0:30	17	4:31	26.00	2:39:14	6:07	2	0:08	10	0:08
Lap 9	3.25	21:38	6:39	2	1:05	16	5:30	29.25	3:00:52	6:11	2	1:13	10	1:13
Lap 10	3.25	22:16	6:51	2	1:01	18	5:51	32.50	3:23:08	6:15	2	2:14	10	2:14
Lap 11	3.25	23:19	7:10	2	2:16	22	7:11	35.75	3:46:27	6:20	2	4:30	10	4:30
Lap 12	3.25	24:28	7:31	2	3:41	24	8:14	39.00	4:10:55	6:26	2	8:11	10	8:11
Last lap Finish	3.25	24:22	7:29	2	4:41	24	9:12	42.25	4:35:17	6:30	2	12:52	20	1:04:30