



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Siebe, Birte

Club: Lübbecker Berglöwen

Number: 177

Course: 42.25 km

Marathon

Category:

Frauen W35

Total time: 4:38:56

Speed: 9.03 km/h

Running performance: 6:36 min/km

Rank in course/Total: 134 (of 164)

Rank in course/Women: 20 (of 28)

Best time in course: 3:30:47

Rank in category: 2(of 3)

Best time in the category: 3:59:03

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	18:56	5:49	2	0:58	18	4:03	3.25	18:56	5:49	3	0:58	9	
Lap 2	3.25	19:31	6:00	2	1:49	21	4:15	6.50	38:27	5:54	3	2:47	3	
Lap 3	3.25	20:00	6:09	2	2:35	21	4:32	9.75	58:27	5:59	3	5:22	3	0:40
Lap 4	3.25	20:48	6:24	2	3:24	21	5:09	13.00	1:19:15	6:05	3	8:46	3	1:54
Lap 5	3.25	20:15	6:13	2	2:56	19	4:06	16.25	1:39:30	6:07	3	11:42	9	2:18
Lap 6	3.25	20:39	6:21	2	3:06	19	4:28	19.50	2:00:09	6:09	3	14:48	9	2:21
Lap 7	3.25	20:51	6:24	2	2:46	17	4:39	22.75	2:21:00	6:11	3	17:34	9	2:30
Lap 8	3.25	22:55	7:03	2	4:13	22	6:20	26.00	2:43:55	6:18	3	21:47	9	4:49
Lap 9	3.25	22:30	6:55	2	3:07	20	6:22	29.25	3:06:25	6:22	3	24:54	9	6:46
Lap 10	3.25	22:26	6:54	2	2:23	20	6:01	32.50	3:28:51	6:25	2	27:17	9	7:57
Lap 11	3.25	22:47	7:00	2	4:02	18	6:39	35.75	3:51:38	6:28	2	31:19	9	9:41
Lap 12	3.25	23:31	7:14	2	3:04	20	7:17	39.00	4:15:09	6:32	2	34:23	9	12:25
Last lap Finish	3.25	23:47	7:19	2	5:30	23	8:37	42.25	4:38:56	6:36	3	39:53	21	1:08:09