



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Frühauf, Sylvia

Club: MCV 2010

Number: 96

Course: 42.25 km

Marathon

Category:

Frauen W45

Total time: 4:40:27

Speed: 8.99 km/h

Running performance: 6:38 min/km

Rank in course/Total: 135 (of 164)

Rank in course/Women: 21 (of 28)

Best time in course: 3:30:47

Rank in category: 9(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	20:05	6:10	10	5:12	24	5:12	3.25	20:05	6:10	9	4:23	8	0:46	
Lap 2	3.25	21:08	6:30	10	5:52	26	5:52	6.50	41:13	6:20	9	9:43	8	2:42	
Lap 3	3.25	21:21	6:34	10	5:53	25	5:53	9.75	1:02:34	6:25	9	14:55	8	4:47	
Lap 4	3.25	21:57	6:45	10	6:18	26	6:18	13.00	1:24:31	6:30	9	20:30	8	7:10	
Lap 5	3.25	21:29	6:36	10	5:20	23	5:20	16.25	1:46:00	6:31	9	25:29	8	8:48	
Lap 6	3.25	21:22	6:34	9	5:11	21	5:11	19.50	2:07:22	6:31	9	29:59	8	9:34	
Lap 7	3.25	20:59	6:27	9	4:47	20	4:47	22.75	2:28:21	6:31	9	34:14	8	9:51	
Lap 8	3.25	22:46	7:00	9	6:11	21	6:11	26.00	2:51:07	6:34	9	40:25	8	12:01	
Lap 9	3.25	21:26	6:35	7	5:18	14	5:18	29.25	3:12:33	6:34	9	45:43	8	12:54	
Lap 10	3.25	21:54	6:44	6	5:29	14	5:29	32.50	3:34:27	6:35	9	51:12	8	13:33	
Lap 11	3.25	21:47	6:42	6	5:39	14	5:39	35.75	3:56:14	6:36	9	56:51	8	14:17	
Lap 12	3.25	23:05	7:06	9	6:51	19	6:51	39.00	4:19:19	6:38	9	1:03:42	8	16:35	
Last lap Finish	3.25	21:08	6:30	6	5:58	12	5:58	42.25	4:40:27	6:38	9	1:09:40	22	1:09:40	