



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Abel, Angelika

Club: TV Stammheim

Number: 208

Course: 42.25 km

Marathon

Category:

Frauen W55

Total time: 4:51:55

Speed: 8.63 km/h

Running performance: 6:55 min/km

Rank in course/Total: 146 (of 164)

Rank in course/Women: 25 (of 28)

Best time in course: 3:30:47

Rank in category: 1(of 2)

Best time in the category: 4:51:55

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	20:37	6:20	2	1:54	27	5:44	3.25	20:37	6:20	1	-	4	1:18
Lap 2	3.25	21:04	6:28	2	1:20	25	5:48	6.50	41:41	6:24	1	-	4	3:10
Lap 3	3.25	21:21	6:34	2	1:21	25	5:53	9.75	1:03:02	6:27	1	-	4	5:15
Lap 4	3.25	21:44	6:41	2	0:56	24	6:05	13.00	1:24:46	6:31	1	-	4	7:25
Lap 5	3.25	21:40	6:40	2	0:15	24	5:31	16.25	1:46:26	6:32	1	-	4	9:14
Lap 6	3.25	22:20	6:52	1	-	25	6:09	19.50	2:08:46	6:36	1	-	4	10:58
Lap 7	3.25	22:33	6:56	1	-	25	6:21	22.75	2:31:19	6:39	1	-	4	12:49
Lap 8	3.25	23:01	7:04	1	-	23	6:26	26.00	2:54:20	6:42	1	-	4	15:14
Lap 9	3.25	23:39	7:16	1	-	24	7:31	29.25	3:17:59	6:46	1	-	4	18:20
Lap 10	3.25	23:55	7:21	1	-	23	7:30	32.50	3:41:54	6:49	1	-	4	21:00
Lap 11	3.25	24:19	7:28	1	-	23	8:11	35.75	4:06:13	6:53	1	-	4	24:16
Lap 12	3.25	23:50	7:19	1	-	21	7:36	39.00	4:30:03	6:55	1	-	4	27:19
Last lap Finish	3.25	21:52	6:43	1	-	14	6:42	42.25	4:51:55	6:54	1	-	26	1:21:08