



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Hülse, Renate

Club: LT Krefeld-Oppum/LG DUV
Number: 207

Course: 42.25 km
Marathon

Category:
Frauen W55

Total time: 5:06:09

Speed: 8.23 km/h
Running performance: 7:15 min/km

Rank in course/Total: 151 (of 164)

Rank in course/Women: 26 (of 28)

Best time in course: 3:30:47

Rank in category: 2(of 2)

Best time in the category: 4:51:55

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	18:43	5:45	1	-	17	3:50	3.25	18:43	5:45	2		3	
Lap 2	3.25	19:44	6:04	1	-	22	4:28	6.50	38:27	5:54	2		3	
Lap 3	3.25	20:00	6:09	1	-	21	4:32	9.75	58:27	5:59	2		3	0:40
Lap 4	3.25	20:48	6:24	1	-	21	5:09	13.00	1:19:15	6:05	2		3	1:54
Lap 5	3.25	21:25	6:35	1	-	22	5:16	16.25	1:40:40	6:11	2		3	3:28
Lap 6	3.25	22:28	6:54	2	0:08	27	6:17	19.50	2:03:08	6:18	2		3	5:20
Lap 7	3.25	23:24	7:11	2	0:51	27	7:12	22.75	2:26:32	6:26	2		3	8:02
Lap 8	3.25	25:30	7:50	2	2:29	27	8:55	26.00	2:52:02	6:36	2		3	12:56
Lap 9	3.25	26:11	8:03	2	2:32	27	10:03	29.25	3:18:13	6:46	2	0:14	3	18:34
Lap 10	3.25	27:22	8:25	2	3:27	27	10:57	32.50	3:45:35	6:56	2	3:41	3	24:41
Lap 11	3.25	26:39	8:11	2	2:20	26	10:31	35.75	4:12:14	7:03	2	6:01	3	30:17
Lap 12	3.25	26:31	8:09	2	2:41	26	10:17	39.00	4:38:45	7:08	2	8:42	3	36:01
Last lap Finish	3.25	27:24	8:25	2	5:32	27	12:14	42.25	5:06:09	7:14	2	14:14	27	1:35:22