



6. Merkerser KRISTALLMARATHON

Merkers / 26.02.2012

Detailed evaluation

Littwin, Gabi

Club: LT Lippehasen

Number: 202

Course: 42.25 km

Marathon

Category:

Frauen W50

Total time: 5:13:35

Speed: 8.04 km/h

Running performance: 7:25 min/km

Rank in course/Total: 156 (of 164)

Rank in course/Women: 27 (of 28)

Best time in course: 3:30:47

Rank in category: 3(of 3)

Best time in the category: 4:22:25

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	21:43	6:40	3	3:34	28	6:50	3.25	21:43	6:40	3	2:24	2	2:24
Lap 2	3.25	21:52	6:43	3	3:03	28	6:36	6.50	43:35	6:42	3	5:04	2	5:04
Lap 3	3.25	21:36	6:38	3	2:20	28	6:08	9.75	1:05:11	6:41	3	7:24	2	7:24
Lap 4	3.25	21:28	6:36	3	1:54	23	5:49	13.00	1:26:39	6:39	3	9:18	2	9:18
Lap 5	3.25	21:53	6:44	3	2:02	26	5:44	16.25	1:48:32	6:40	3	11:20	2	11:20
Lap 6	3.25	22:27	6:54	3	2:10	26	6:16	19.50	2:10:59	6:43	3	13:11	2	13:11
Lap 7	3.25	23:09	7:07	3	2:27	26	6:57	22.75	2:34:08	6:46	3	15:38	2	15:38
Lap 8	3.25	24:16	7:28	3	3:40	26	7:41	26.00	2:58:24	6:51	3	19:18	2	19:18
Lap 9	3.25	25:41	7:54	3	5:08	26	9:33	29.25	3:24:05	6:58	3	24:26	2	24:26
Lap 10	3.25	26:45	8:13	3	5:30	26	10:20	32.50	3:50:50	7:06	3	29:56	2	29:56
Lap 11	3.25	27:06	8:20	3	6:03	27	10:58	35.75	4:17:56	7:12	3	35:59	2	35:59
Lap 12	3.25	28:32	8:46	3	7:45	27	12:18	39.00	4:46:28	7:20	3	43:44	2	43:44
Last lap Finish	3.25	27:07	8:20	3	7:26	26	11:57	42.25	5:13:35	7:25	3	51:10	28	1:42:48