



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin

Number: 550

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 5:09:01

Speed: 8.15 km/h

Running performance: 7:19 min/km

Rank in course/Total: 139 (of 148)

Rank in course/Women: 16 (of 18)

Best time in course: 3:43:33

Rank in category: 4(of 4)

Best time in the category: 3:43:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	19:20	5:56	4	2:56	11	3:08	3.25	19:20	5:56	4	2:56	3	1:29
Lap 2	3.25	20:49	6:24	4	4:17	15	4:17	6.50	40:09	6:10	4	7:13	3	4:00
Lap 3	3.25	21:42	6:40	4	4:57	17	4:57	9.75	1:01:51	6:20	4	12:10	3	6:58
Lap 4	3.25	22:10	6:49	4	5:28	17	5:28	13.00	1:24:01	6:27	4	17:38	3	9:49
Lap 5	3.25	25:08	7:44	4	8:35	18	8:35	16.25	1:49:09	6:43	4	26:13	3	15:22
Lap 6	3.25	23:13	7:08	4	6:17	18	6:17	19.50	2:12:22	6:47	4	32:30	3	18:47
Lap 7	3.25	23:51	7:20	4	5:37	17	5:37	22.75	2:36:13	6:52	4	38:07	3	22:17
Lap 8	3.25	25:17	7:46	4	8:10	17	8:10	26.00	3:01:30	6:58	4	46:17	3	26:29
Lap 9	3.25	25:25	7:49	4	7:57	17	7:57	29.25	3:26:55	7:04	4	54:14	3	30:15
Lap 10	3.25	25:41	7:54	4	7:34	15	7:34	32.50	3:52:36	7:09	4	1:01:48	3	33:48
Lap 11	3.25	25:13	7:45	4	7:31	15	7:31	35.75	4:17:49	7:12	4	1:09:19	3	35:49
Lap 12	3.25	24:50	7:38	4	6:57	14	6:57	39.00	4:42:39	7:14	4	1:16:16	3	37:11
Last lap Finish	3.25	26:22	8:06	4	9:12	16	9:12	42.25	5:09:01	7:18	4	1:25:28	17	1:26:58