



# 8. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 15.02.2014

## Detailed evaluation

**Dilling, Daniela**

Club: LG Nord Berlin Ultrateam

Number: 17

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:58:15

Speed: 8.45 km/h

Running performance: 7:04 min/km

Rank in course/Total: 105 (of 114)

Rank in course/Women: 12 (of 14)

Best time in course: 3:28:49

Rank in category: 4(of 4)

Best time in the category: 3:38:17

### Intermediate times

### Stage score

### Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	3.25	19:20	5:56	4	4:42	11	4:59	3.25	19:20	5:56	4	4:42	13	4:00
Lap 2	3.25	21:08	6:30	4	5:24	12	5:37	6.50	40:28	6:13	4	10:06	12	10:36
Lap 3	3.25	21:18	6:33	4	5:07	11	5:26	9.75	1:01:46	6:20	4	15:13	12	16:02
Lap 4	3.25	21:38	6:39	4	5:25	11	5:46	13.00	1:23:24	6:24	4	20:38	12	21:48
Lap 5	3.25	21:58	6:45	4	5:23	12	5:56	16.25	1:45:22	6:29	4	24:54	12	27:44
Lap 6	3.25	22:46	7:00	4	6:36	13	6:36	19.50	2:08:08	6:34	4	31:30	12	33:59
Lap 7	3.25	22:47	7:00	4	6:17	12	6:48	22.75	2:30:55	6:38	4	37:47	12	40:47
Lap 8	3.25	23:48	7:19	4	6:56	13	7:14	26.00	2:54:43	6:43	4	44:43	12	48:01
Lap 9	3.25	24:50	7:38	4	8:04	12	8:04	29.25	3:19:33	6:49	4	52:47	12	55:56
Lap 10	3.25	24:54	7:39	4	7:46	12	8:18	32.50	3:44:27	6:54	4	1:00:33	12	1:04:14
Lap 11	3.25	24:57	7:40	4	6:31	12	8:25	35.75	4:09:24	6:58	4	1:06:49	12	1:12:39
Lap 12	3.25	24:41	7:35	4	7:05	11	8:15	39.00	4:34:05	7:01	4	1:13:54	12	1:20:54
Last lap Finish	3.25	24:10	7:26	4	6:35	11	8:32	42.25	4:58:15	7:03	4	1:19:58	12	1:29:26