



9. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2015

Detailed evaluation

Dilling, Daniela

Club: LG Nord Berlin Ultrateam

Number: 161

Course: 42.25 km

Marathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 4:51:53

Speed: 8.63 km/h

Running performance: 6:55 min/km

Rank in course/Total: 229 (of 250)

Rank in course/Women: 17 (of 38)

Best time in course: 3:35:32

Rank in category: 6(of 14)

Best time in the category: 3:47:06

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	19:23	5:57	11	2:50	29	3:50	3.25	19:23	5:57	11	2:50	29	3:50
Lap 2	3.25	20:48	6:24	11	4:10	33	5:42	6.50	40:11	6:10	11	7:00	33	9:32
Lap 3	3.25	21:27	6:35	11	4:21	33	6:26	9.75	1:01:38	6:19	11	11:21	33	15:58
Lap 4	3.25	21:54	6:44	11	4:41	33	6:34	13.00	1:23:32	6:25	11	16:02	33	22:32
Lap 5	3.25	22:24	6:53	11	5:30	33	6:19	16.25	1:45:56	6:31	11	21:32	33	28:51
Lap 6	3.25	22:24	6:53	11	5:09	29	5:54	19.50	2:08:20	6:34	11	26:41	33	34:45
Lap 7	3.25	23:18	7:10	11	6:01	31	7:35	22.75	2:31:38	6:39	11	32:42	33	42:20
Lap 8	3.25	23:35	7:15	11	6:21	33	7:02	26.00	2:55:13	6:44	11	39:03	33	49:22
Lap 9	3.25	25:05	7:43	11	7:23	33	7:33	29.25	3:20:18	6:50	11	46:26	33	56:55
Lap 10	3.25	23:22	7:11	11	4:56	31	5:43	32.50	3:43:40	6:52	11	51:22	33	1:02:38
Lap 11	3.25	22:57	7:03	9	5:00	23	5:08	35.75	4:06:37	6:53	11	56:22	33	1:07:00
Lap 12	3.25	22:57	7:03	7	4:06	21	5:19	39.00	4:29:34	6:54	11	1:00:28	33	1:10:39
Last lap Finish	3.25	22:19	6:51	11	4:19	25	5:42	42.25	4:51:53	6:54	11	1:04:47	33	1:16:21