



# 11. Kristall-Marathon

Merkers / 12.02.2017

## Detailed evaluation

**DILLING, Daniela**

Club: Bad Freienwalde

Number: 26

Course: 42.25 km

Marathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 5:07:50

Speed: 8.19 km/h

Running performance: 7:17 min/km

Rank in course/Total: 102 (of 110)

Rank in course/Women: 8 (of 10)

Best time in course: 3:41:35

Rank in category: 1(of 1)

Best time in the category: 5:07:50

Intermediate times				Stage score				Total ranking						
Control	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	21:09	6:30	1	-	10	6:12	3.25	21:09	6:30	1	-	10	6:12
Lap 2	3.25	22:13	6:50	1	-	10	6:16	6.50	43:22	6:40	1	-	10	12:28
Lap 3	3.25	22:51	7:01	1	-	10	6:25	9.75	1:06:13	6:47	1	-	10	18:53
Lap 4	3.25	23:00	7:04	1	-	10	6:35	13.00	1:29:13	6:51	1	-	10	24:48
Lap 5	3.25	23:38	7:16	1	-	10	7:03	16.25	1:52:51	6:56	1	-	10	31:05
Lap 6	3.25	24:01	7:23	1	-	10	7:14	19.50	2:16:52	7:01	1	-	10	37:02
Lap 7	3.25	24:04	7:24	1	-	9	7:14	22.75	2:40:56	7:04	1	-	9	44:16
Lap 8	3.25	24:18	7:28	1	-	9	7:18	26.00	3:05:14	7:07	1	-	9	51:34
Lap 9	3.25	24:42	7:35	1	-	8	7:44	29.25	3:29:56	7:10	1	-	9	59:01
Lap 10	3.25	24:44	7:36	1	-	8	7:26	32.50	3:54:40	7:13	1	-	9	1:06:27
Lap 11	3.25	24:36	7:34	1	-	8	7:12	35.75	4:19:16	7:15	1	-	8	1:13:39
Lap 12	3.25	24:28	7:31	1	-	8	6:16	39.00	4:43:44	7:16	1	-	8	1:19:55
Last lap Finish	3.25	24:06	7:24	1	-	8	6:36	42.25	5:07:50	7:17	1	-	8	1:26:15