



3. Merkerser Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 22.02.2009

Detailed evaluation

Westphal, Doris

Club: Spiridon Frankfurt

Number: 95

Course: 20.15 km

Halbmarathon

Category:

Frauen

Total time: 2:38:34

Speed: 7.57 km/h

Running performance: 7:52 min/km

Rank in course/Total: 4 (of 6)

Rank in course/Women: 2 (of 2)

Best time in course: 2:06:43

Rank in category: 2(of 2)

Best time in the category: 2:06:43

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 | 3.15 | 19:59 | 6:20 | 2 | 3:25 | 2 | 3:25 | 3.15 | 19:59 | 6:20 | 2 | 3:25 | 2 | 3:25 |
| Lap 2 | 3.15 | 21:11 | 6:43 | 2 | 4:06 | 2 | 4:06 | 6.30 | 41:10 | 6:32 | 2 | 7:31 | 2 | 7:31 |
| Lap 3 | 3.15 | 21:59 | 6:58 | 2 | 4:13 | 2 | 4:13 | 9.45 | 1:03:09 | 6:40 | 2 | 11:44 | 2 | 11:44 |
| Lap 4 | 3.15 | 22:34 | 7:09 | 2 | 4:15 | 2 | 4:15 | 12.60 | 1:25:43 | 6:48 | 2 | 15:59 | 2 | 15:59 |
| Lap 5 | 3.15 | 24:48 | 7:52 | 2 | 5:45 | 2 | 5:45 | 15.75 | 1:50:31 | 7:01 | 2 | 21:44 | 2 | 21:44 |
| Lap 6 | 3.15 | 23:35 | 7:29 | 2 | 4:15 | 2 | 4:15 | 18.90 | 2:14:06 | 7:05 | 2 | 25:59 | 2 | 25:59 |
| Last lap Finish | 3.15 | 24:28 | 7:46 | 2 | 5:52 | 2 | 5:52 | 20.15 | 2:38:34 | 7:52 | 2 | 31:51 | 2 | 31:51 |