



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Wolfram, Heidi

Club: Suhl

Number: 48

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:10:19

Speed: 10.13 km/h

Running performance: 5:44 min/km

Rank in course/Total: 76 (of 128)

Rank in course/Women: 6 (of 19)

Best time in course: 1:59:50

Rank in category: 1(of 2)

Best time in the category: 2:10:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	16:42	5:08	1	-	1	-	3.25	16:42	5:08	1	-	14	
Lap 2	3.25	17:48	5:28	1	-	6	0:56	6.50	34:30	5:18	1	-	14	
Lap 3	3.25	18:08	5:34	1	-	6	1:22	9.75	52:38	5:23	1	-	14	
Lap 4	3.25	19:10	5:53	2	0:22	7	2:01	13.00	1:11:48	5:31	1	-	14	
Lap 5	3.25	18:57	5:49	1	-	6	1:34	16.25	1:30:45	5:35	1	-	14	
Lap 6	3.25	19:35	6:01	1	-	7	2:17	19.50	1:50:20	5:39	1	-	14	
Last lap Finish	3.25	19:59	6:08	1	-	6	3:16	22.75	2:10:19	5:43	1	-	6	10:29