



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Graul, Nora

Club: GMRLV

Number: 26

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 2:14:50

Speed: 10.12 km/h

Running performance: 5:56 min/km

Rank in course/Total: 85 (of 128)

Rank in course/Women: 7 (of 19)

Best time in course: 1:59:50

Rank in category: 2(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	18:22	5:39	2	1:40	8	1:40	3.25	18:22	5:39	2	1:40	13		
Lap 2	3.25	18:22	5:39	2	0:34	7	1:30	6.50	36:44	5:39	2	2:14	13		
Lap 3	3.25	18:20	5:38	2	0:12	7	1:34	9.75	55:04	5:38	2	2:26	13		
Lap 4	3.25	18:48	5:47	1	-	6	1:39	13.00	1:13:52	5:40	2	2:04	13		
Lap 5	3.25	19:50	6:06	2	0:53	7	2:27	16.25	1:33:42	5:45	2	2:57	13		
Lap 6	3.25	20:16	6:14	2	0:41	8	2:58	19.50	1:53:58	5:50	2	3:38	13		
Last lap Finish	3.25	20:52	6:25	2	0:53	7	4:09	22.75	2:14:50	5:55	2	4:31	7	15:00	