



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Jansong, Janina

Club: Berlin
Number: 120

Course: 22.75 km
Halbmarathon

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 2:24:45

Speed: 9.12 km/h
Running performance: 6:22 min/km

Rank in course/Total: 98 (of 128)

Rank in course/Women: 9 (of 19)

Best time in course: 1:59:50

Rank in category: 2(of 5)

Best time in the category: 2:05:55

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	18:03	5:33	2	0:41	7	1:21	3.25	18:03	5:33	2	0:41	11	
Lap 2	3.25	19:41	6:03	2	2:09	10	2:49	6.50	37:44	5:48	2	2:50	11	
Lap 3	3.25	21:02	6:28	2	3:19	11	4:16	9.75	58:46	6:01	2	6:09	9	
Lap 4	3.25	21:06	6:29	2	2:56	11	3:57	13.00	1:19:52	6:08	2	9:05	11	
Lap 5	3.25	21:16	6:32	2	2:58	10	3:53	16.25	1:41:08	6:13	2	12:03	11	
Lap 6	3.25	21:50	6:43	2	3:23	10	4:32	19.50	2:02:58	6:18	2	15:26	11	
Last lap Finish	3.25	21:47	6:42	2	3:24	9	5:04	22.75	2:24:45	6:21	2	18:50	9	24:55