



7. Kristallmarathon im Erlebnis Bergwerk Merkers

Merkers / 16.02.2013

Detailed evaluation

Simon, Yvone

Club: Vorwärts Köln

Number: 83

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:28:25

Speed: 9.20 km/h

Running performance: 6:31 min/km

Rank in course/Total: 101 (of 128)

Rank in course/Women: 10 (of 19)

Best time in course: 1:59:50

Rank in category: 1(of 1)

Best time in the category: 2:28:25

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	19:59	6:08	1	-	12	3:17	3.25	19:59	6:08	1	-	1	-
Lap 2	3.25	21:08	6:30	1	-	12	4:16	6.50	41:07	6:19	1	-	1	-
Lap 3	3.25	21:02	6:28	1	-	11	4:16	9.75	1:02:09	6:22	1	-	1	-
Lap 4	3.25	21:03	6:28	1	-	10	3:54	13.00	1:23:12	6:24	1	-	1	-
Lap 5	3.25	20:55	6:26	1	-	9	3:32	16.25	1:44:07	6:24	1	-	1	-
Lap 6	3.25	21:51	6:43	1	-	11	4:33	19.50	2:05:58	6:27	1	-	1	-
Last lap Finish	3.25	22:27	6:54	1	-	10	5:44	22.75	2:28:25	6:31	1	-	10	28:35